

# What is cancer all about?

RFL Summit, Algoa bay, August 2012



# Slide 1

- What are the causes of cancer?



*Cancer affects us all...*

# The 6 main causes of cancer

- **SMOKING** 30%
- **VIRUSES** 20%
- **CHEMICALS** 15%
- **OBESITY** 15%
- **ALCOHOL** 5%
- **SUNLIGHT** 5%
- **TOTAL** 90%



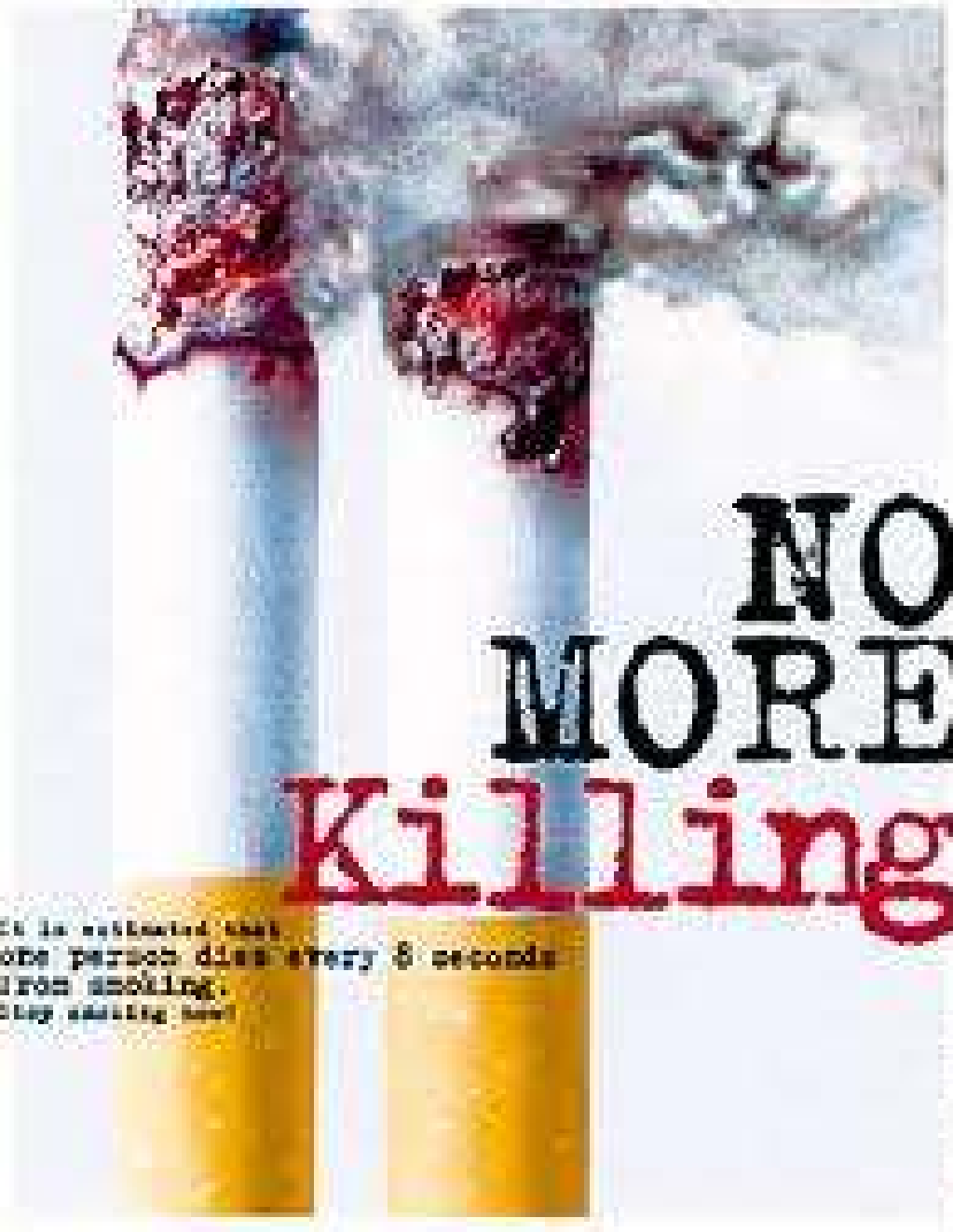
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## Slide 2

- What can be done about smoking?



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# NO MORE Killing

It is estimated that  
one person dies every 8 seconds  
from smoking.  
Stop smoking now!



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**R10 000 fine**





Some children get to heaven earlier.

  
CHILD HEALTH FOUNDATION  
[www.kidneyhealth.org](http://www.kidneyhealth.org)

  
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## Preventing the No.1 cause of cancer

- 1. Ban smoking in public places
- 2. Ban cigarette advertising
- 3. Increase price of cigarettes
- 4. Ban smoking in motor car
- 5. Ban smoking at home
- 6. Make smoking extremely expensive
- 7. Unmask smoking – it is not cool



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# Science - research-legislation A powerful combination



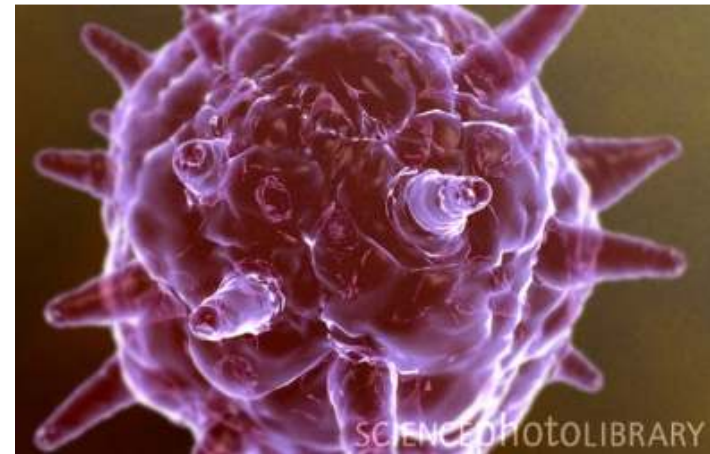
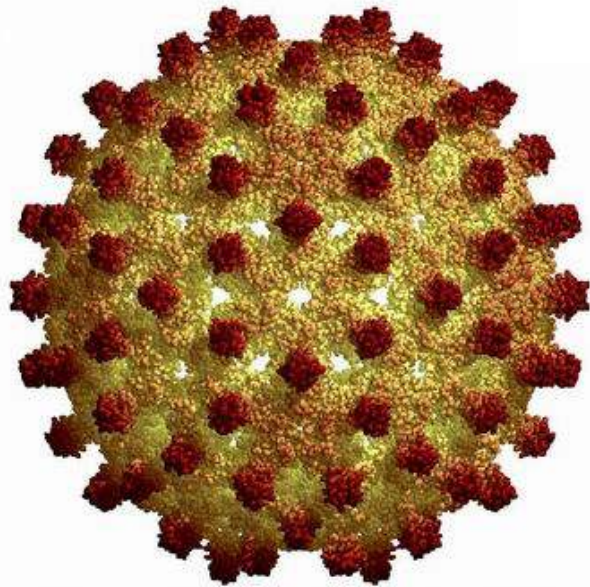
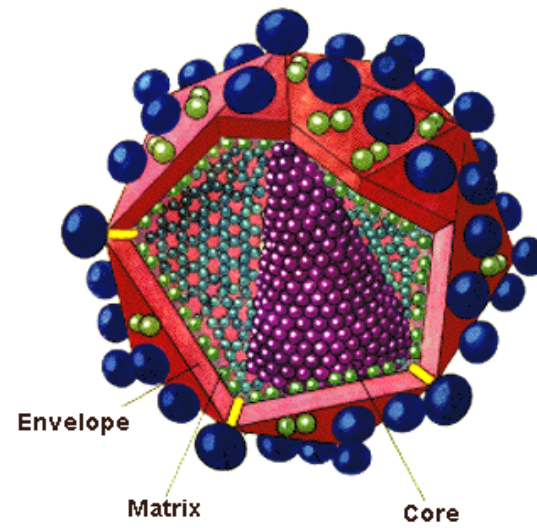
## Slide 3

- What can we do about oncogenic viruses?



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# MATURE HIV





## Slide 4

- What can we do about chemicals that cause cancer?

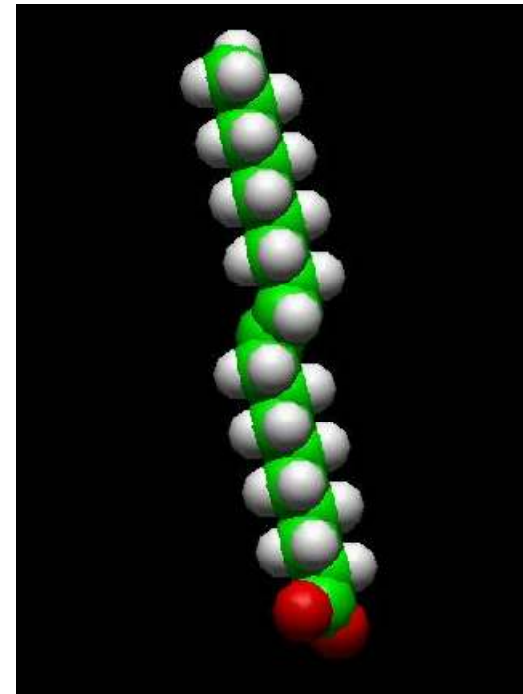


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CAN  
Cancer Association of

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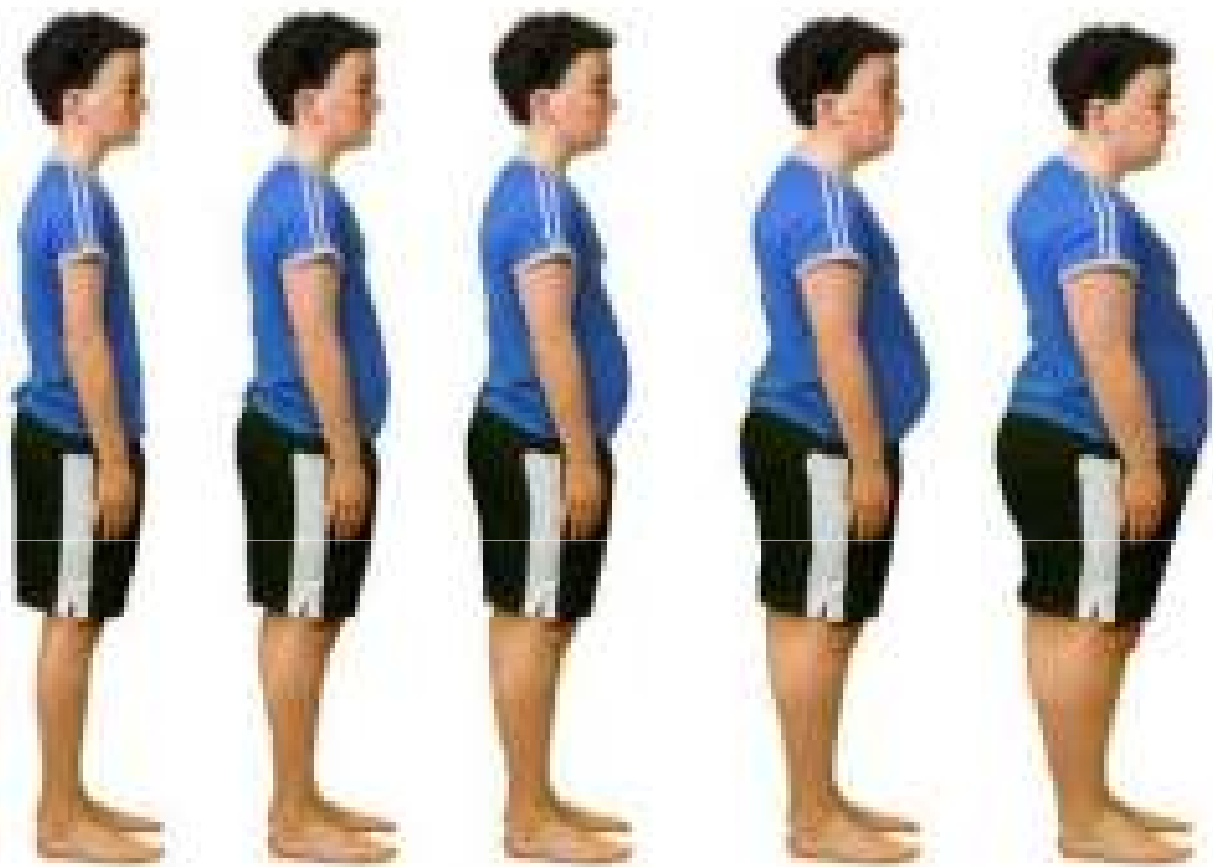
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## Slide 5

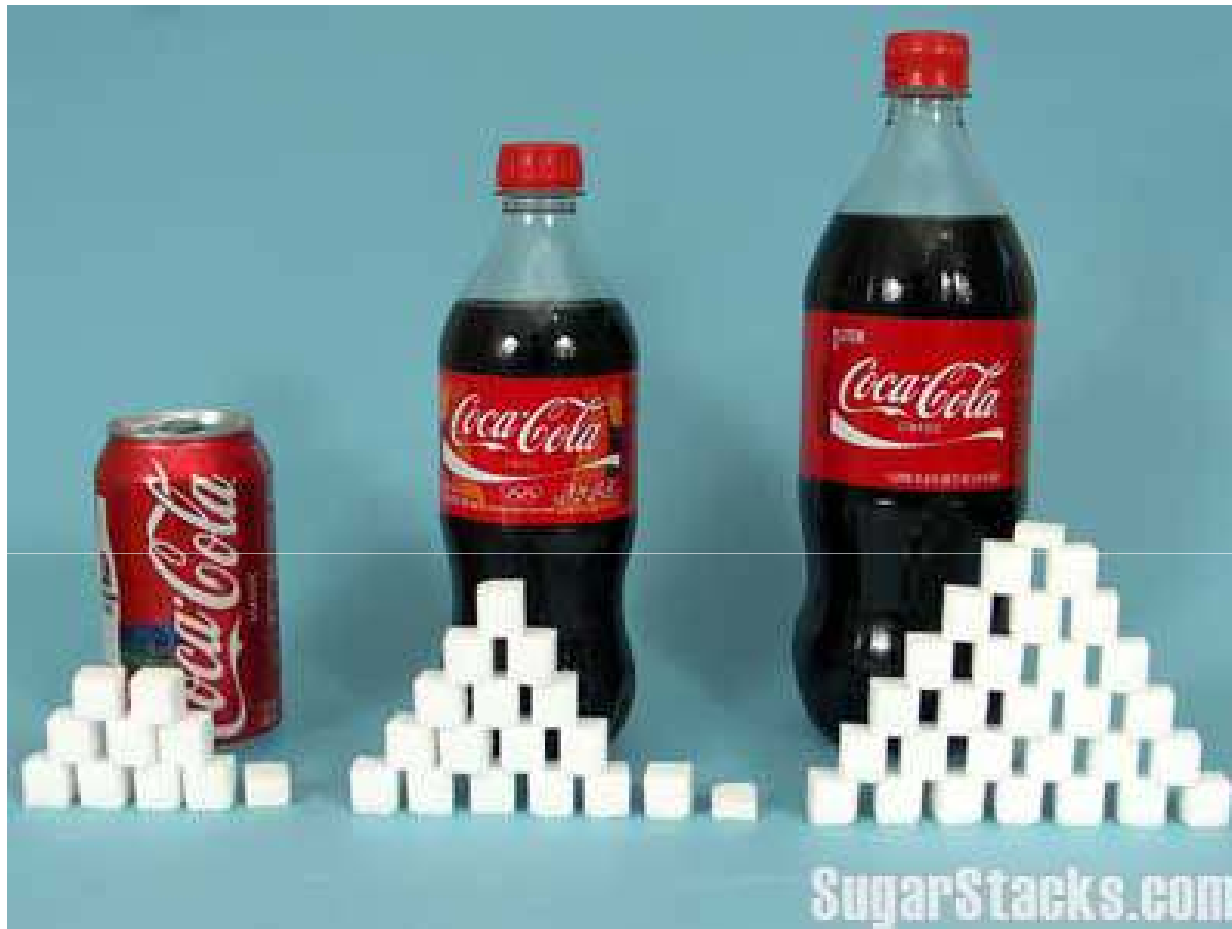
- What can we do about obesity?



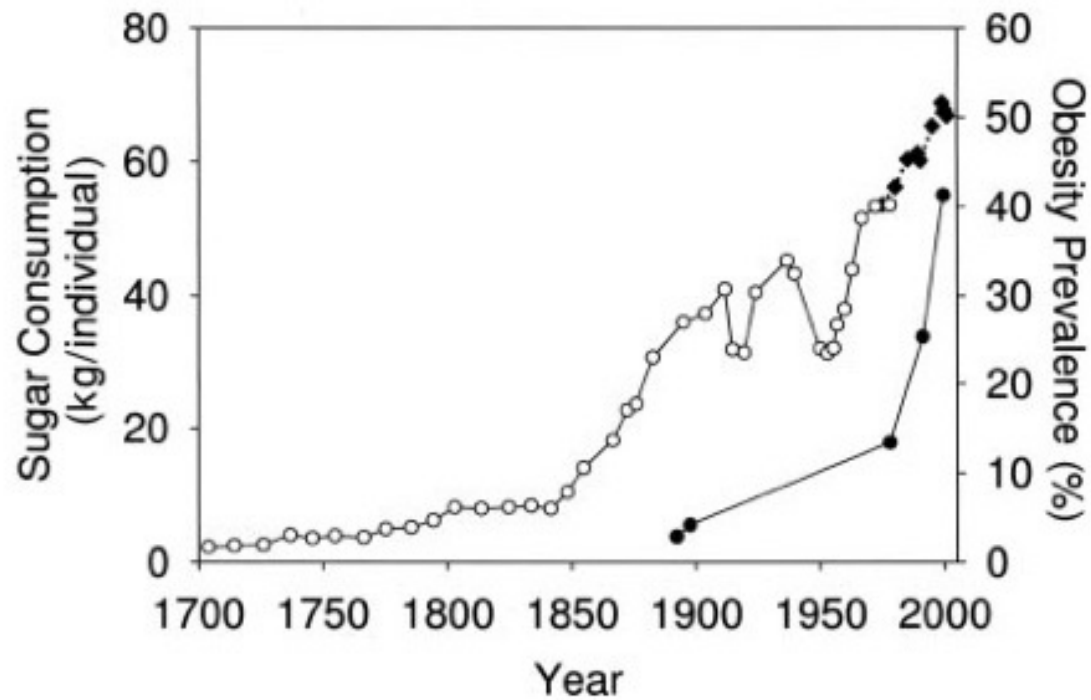
*Cancer affects us all...*



*Cancer affects us all...*



*Cancer affects us all...*



**FIGURE 1.** Sugar intake per capita in the United Kingdom from 1700 to 1978 (30, 31; ○) and in the United States from 1975 to 2000 (32; ◆) is compared with obesity rates in the United States in non-Hispanic white men aged 60–69 y (17; ●). Values for 1880-1910 are based on studies conducted in male Civil War veterans aged 50–59 y (18).



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## Slide 6

- What can we do about alcohol?



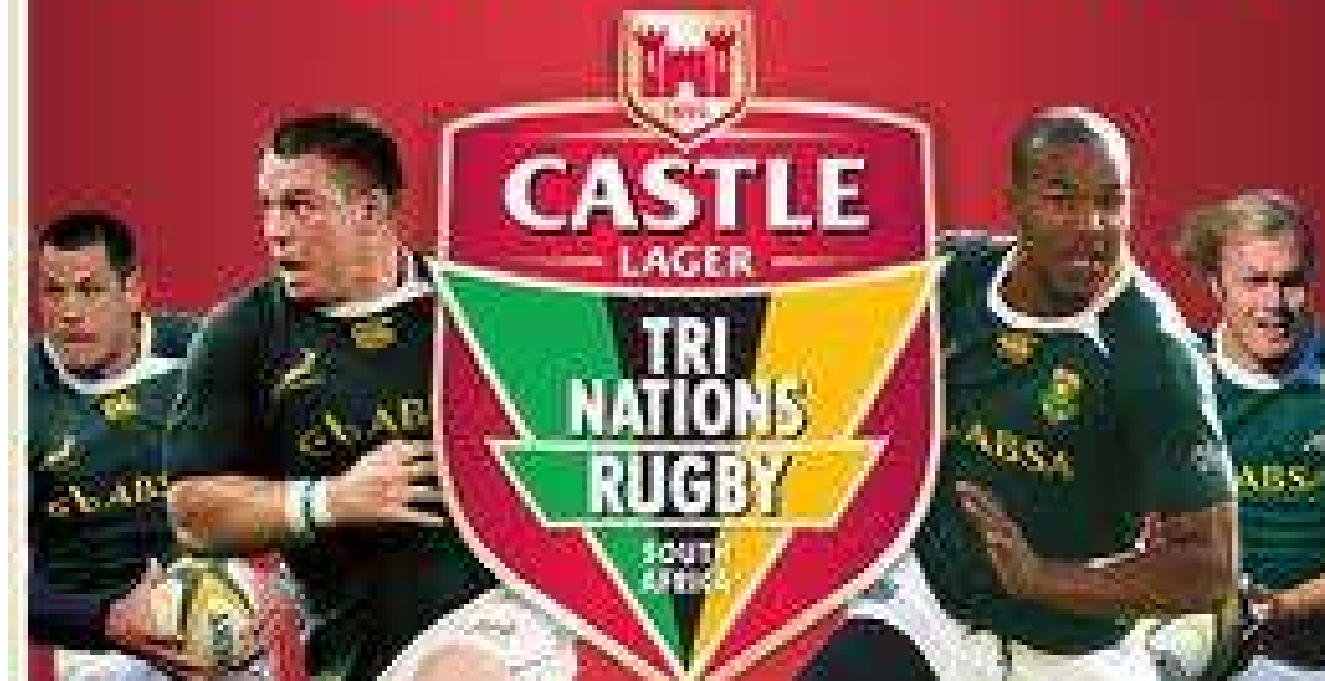
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## Alcohol and cancer

- Ban TV advertising with sport.



CASTLE LAGER IS NEW TITLE SPONSOR OF  
**RUGBY TRI-NATIONS**





## Slide 7

- What can we do to prevent skin cancer?



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# Optimal, safe, affordable sunscreen



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## SA preventing cancer

- 1. Anti-hepatitis B vaccination
- 2. Ban PC baby bottle
- 3. Restrict Trans fats
- 4. Boost PE cling wrap
- 5. Better sunscreens
- 6. Good anti-smoking laws



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## 6 Top Government interventions

- 1. Cancer Council
- 2. Tobacco tax for health
- 3. HPV immunisation
- 4. Smoking in the home
- 5. Functional registry
- 6. Carcinogen detection Laboratory



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## How to avoid cancer

- Avoid smoke
- Vaccinate against Hepatitis B
- Safe sex
- Avoid aflatoxin
- Pure water
- Avoid BPA
- Avoid PHA
- Avoid plasticisers



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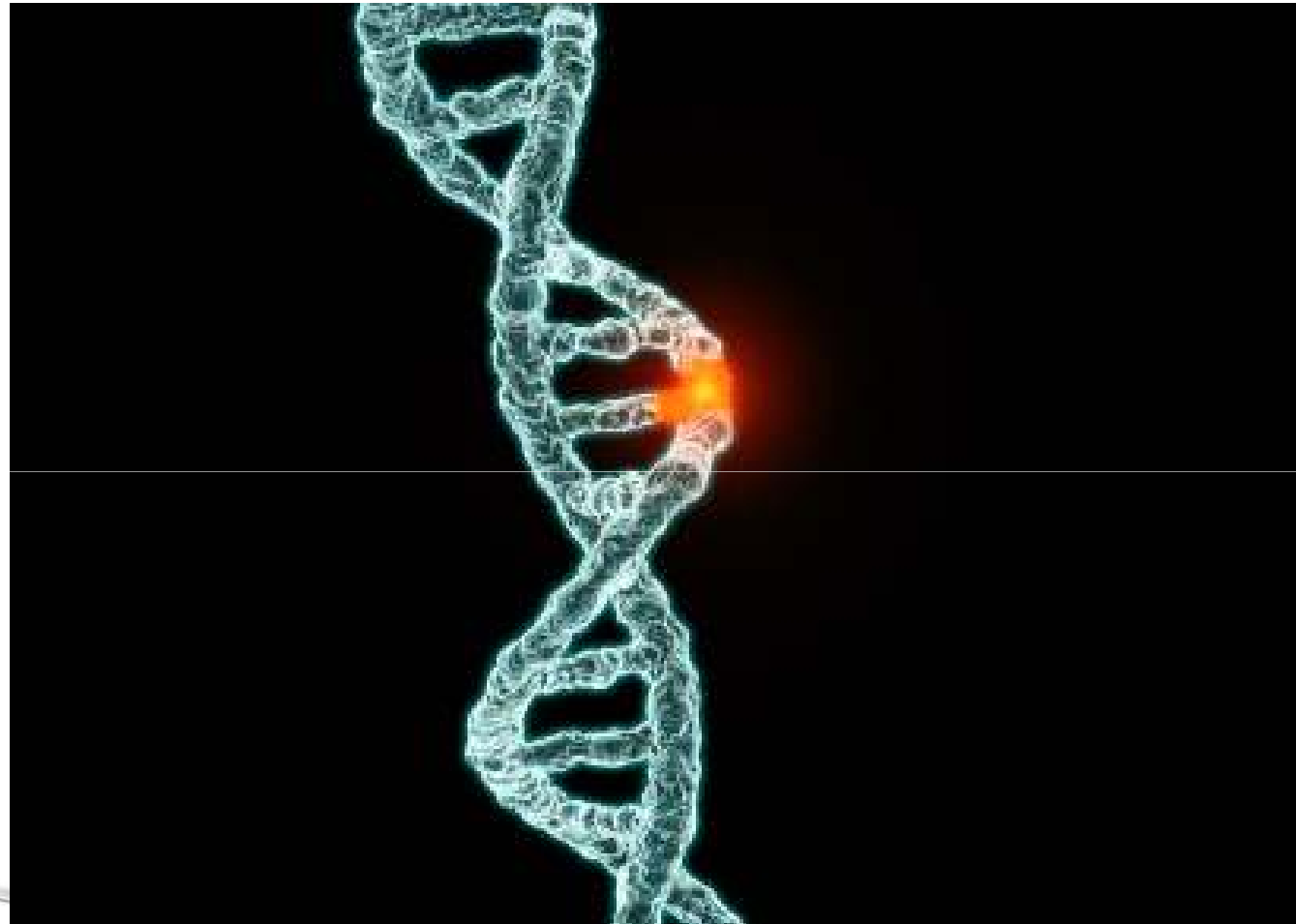
## How to avoid cancer 2

- Avoid obesity
- Avoid sugar
- Choose more plant omega-3
- Choose more fish omega-3
- Avoid alcohol
- Avoid sun
- Acquire healthy lifestyle



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# What is cancer?



# Place of research in CANSA

- Why is research important in the fight against cancer?

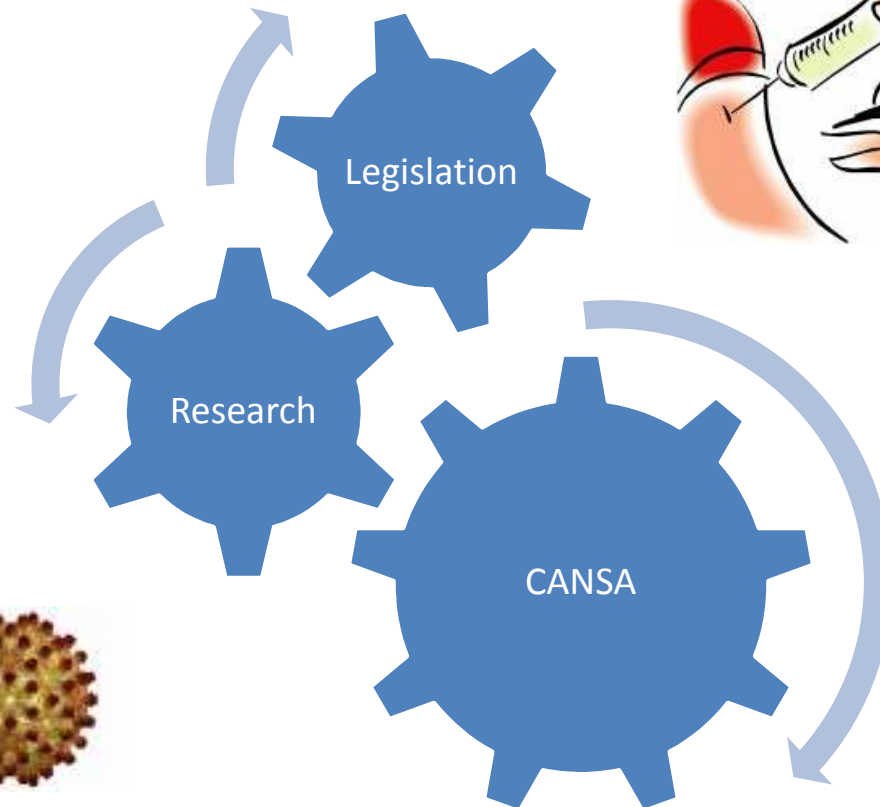


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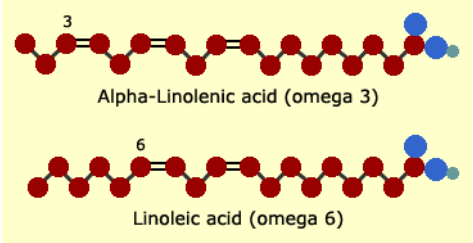
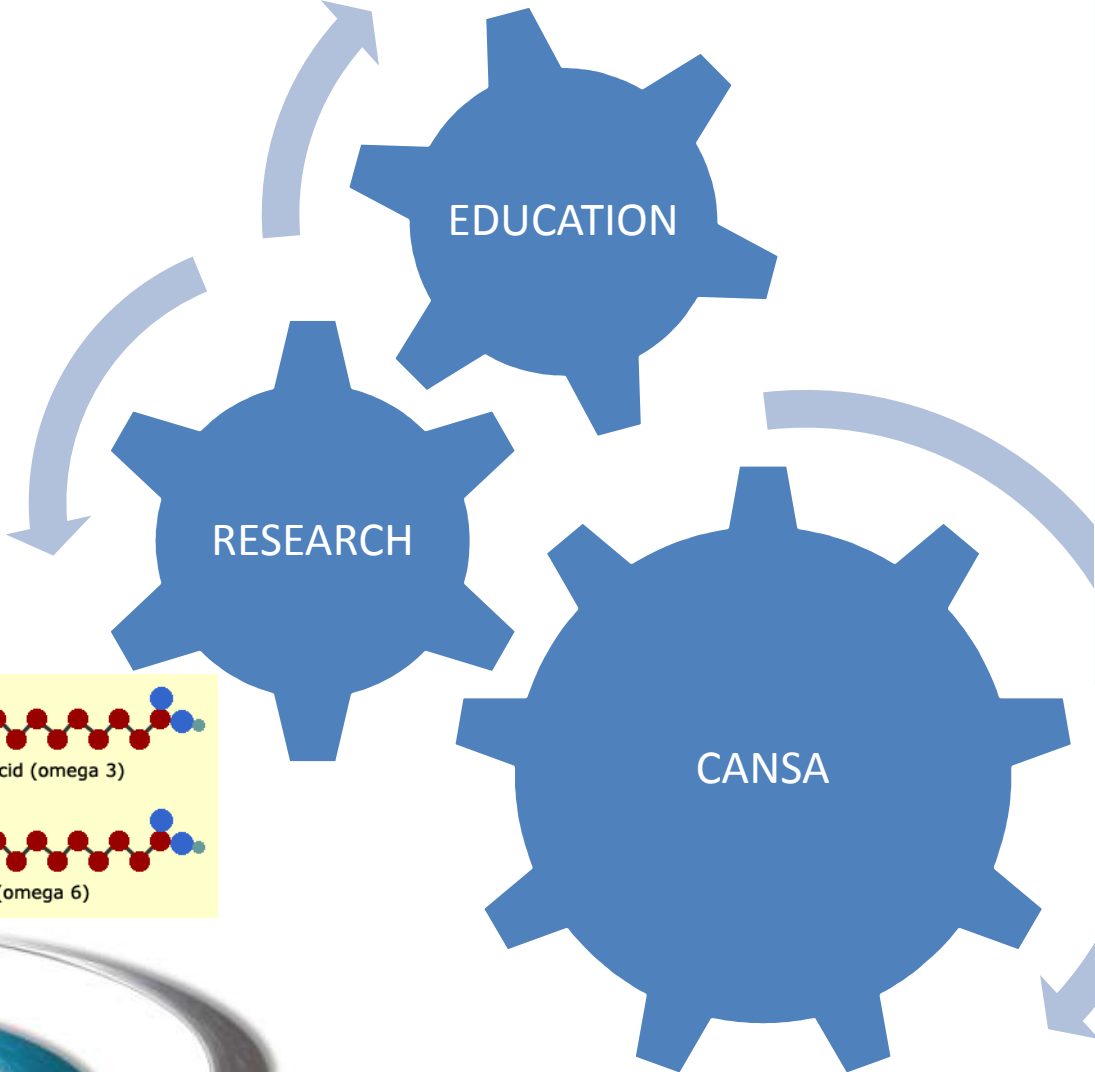


# Research leading to prevention legislation



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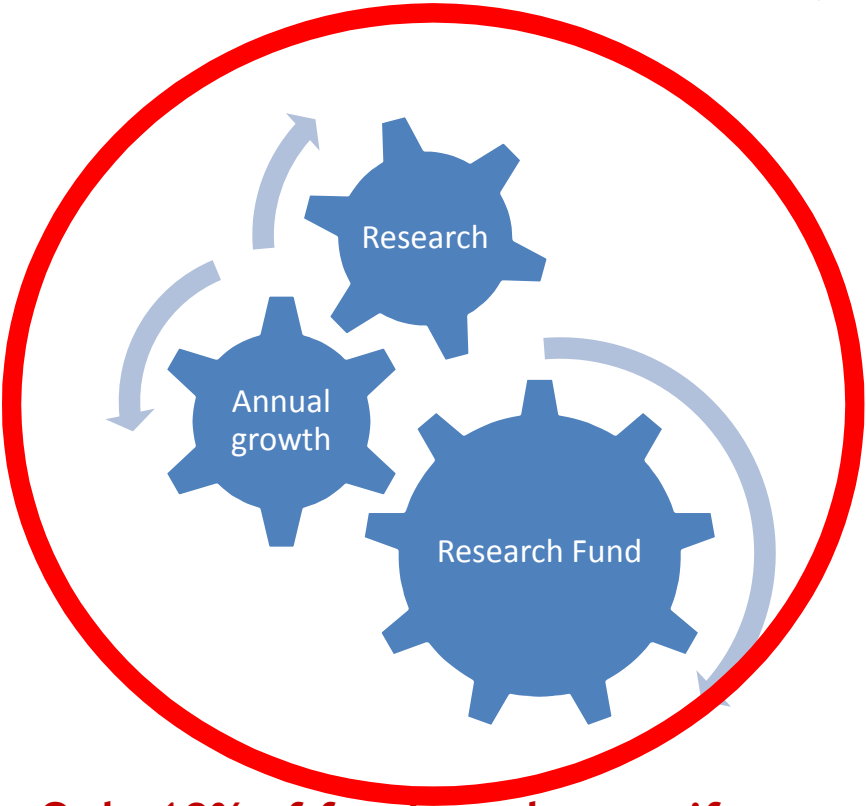
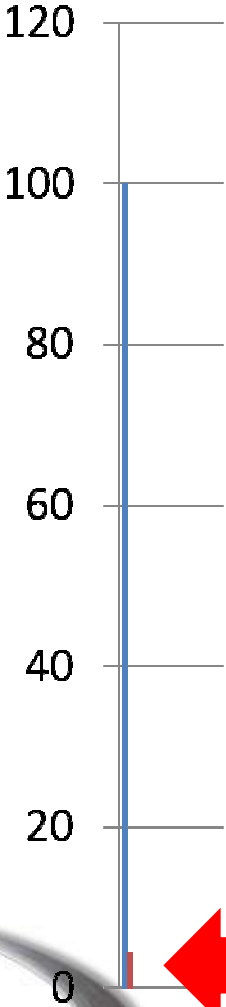
# Research leading to Education



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# Funding of Cancer Research

Ringfenced - for research only

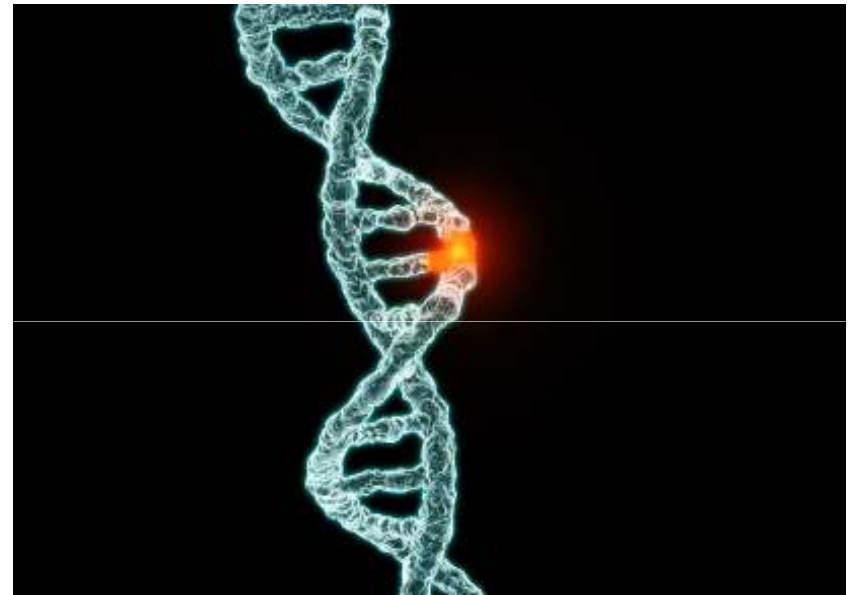


Only 10% of fund used p.a. - if sustainable, otherwise less.



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# Stress and cancer?

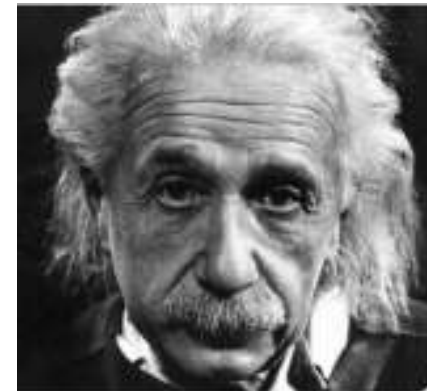


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- Prevention is the cure of cancer.

Intellectuals solve problems; geniuses prevent them.

Albert Einstein





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**Thank You**