What is cancer all about?

RFL Summit, Algoa bay, August 2012
• What are the causes of cancer?
The 6 main causes of cancer

- SMOKING: 30%
- VIRUSES: 20%
- CHEMICALS: 15%
- OBESITY: 15%
- ALCOHOL: 5%
- SUNLIGHT: 5%

TOTAL: 90%
• What can be done about smoking?
Cancer affects us all...
R10 000 fine
Cancer affects us all...
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
Science - research-legislation
A powerful combination
• What can we do about oncogenic viruses?
• What can we do about chemicals that cause cancer?
Cancer affects us all...
• What can we do about obesity?
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).
• What can we do about alcohol?
Alcohol and cancer

- Ban TV advertising with sport.
Castle Lager is new title sponsor of Rugby Tri-Nations
• What can we do to prevent skin cancer?
Optimal, safe, affordable sunscreen
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
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
How to avoid cancer

• Avoid smoke
• Vaccinate against Hepatitis B
• Safe sex
• Avoid aflatoxin
• Pure water
• Avoid BPA
• Avoid PHA
• Avoid plasticisers
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
What is cancer?
Place of research in CANSA

- Why is research important in the fight against cancer?
Cancer affects us all...
Research leading to prevention legislation

CANCER AFFECTS US ALL...
Research leading to Education

EDUCATION

RESEARCH

CANS A

Cancer affects us all...
Funding of Cancer Research

Ringfenced - for research only

Research Fund

Only 10% of fund used p.a. - if sustainable, otherwise less.
Stress and cancer?
Prevention is the cure of cancer.

Intellectuals solve problems; geniuses prevent them.

Albert Einstein
Thank You