

A LIFE COURSE APPROACH: REDUCING RISK AT CRITICAL TIME-WINDOWS

Take control: Prevent, reduce and know your risks - and seek help early on.

Foetal life and infancy:

- Maintaining a healthy weight and diet as well as reducing the exposure to carcinogens during pregnancy can help reduce the baby's cancer risk
- Breastfeeding protects the mother from future risks of breast cancer, and offers nutrition and protection for the baby
- Infants 1 – 2 years of age should receive the Hep B vaccine, providing protection against liver cancer

Childhood:

- Adopting healthy life habits including a balanced diet and physical activity early in life can help to reduce the risk of cancer
- Children under ten years of age are especially impacted when exposed to the sun, carcinogens (e.g. cigarette smoke, automobile exhaust) and chemicals (e.g. pesticides, containers containing BPA)
- Girls 9 – 13 years of age should get vaccinated against HPV (human papillomavirus)
- Parents, teachers, families and children should be aware of the signs and symptoms of cancer in young children and seek help early

Adolescence:

- This is a critical time during which behaviours start that will shape a person's health over their life, including tobacco and alcohol consumption and a poor diet – each of which contribute to a person's cancer risk
- Sex education for young adults is important in informing teens about how they can reduce their exposure to HPV and HIV – both of which are cancer risk factors.
- The level of physical activity typically drops off in the teenage years. Keep active to help reduce the risk of cancer

Adult Life:

- Starting at age 30, women should get screened for cervical cancer. Depending on each country, this could be through a HPV test every five years, a Pap test every 3-5 years, or visual inspection
- Individuals in a high-risk group for oral cancer (tobacco user, betel-nut chewer) should get screened for oral cancer

Older ages:

- Starting at age 50, all men and women should be screened for colorectal cancer
- From age 50, women should get their mammograms once every two years



Please check with your doctor for guidance on the national recommendations regarding vaccinations, testing and screenings. These may vary from country to country. The above is intended only as a general guideline and does not take into consideration country-specific recommendations.