

#### 4. Practice sun safety

Skin cancer is preventable. Even a few sunburns can increase your chances of getting skin cancer. By practicing a few simple sun safety tips, you can enjoy the outdoors and still reduce your risk of skin cancer.

- Limit your sun exposure, particularly between 11:00 a.m. and 4:00 p.m. when the sun's rays are at its strongest.
- Seek shade or create your own shade (umbrella, beach tents, canopies) to minimize your sun exposure when outdoors.
- Use a broad-spectrum sunscreen with a sun protection factor (SPF) of 15 or greater to protect your skin.
- Cover exposed skin with protective clothing (dark, loose, closely woven fabric that covers your arms and legs) and wear a wide-brimmed hat that shades your ears, face and neck.



There is growing evidence that the ultraviolet (UV) radiation from tanning beds may damage the skin and increase the risk of developing skin cancer.

#### About the Saskatchewan Cancer Agency

The Saskatchewan Cancer Agency provides leadership in cancer control for Saskatchewan people by:

- Providing quality cancer treatment for men, women and children
- Conducting groundbreaking research leading to improved treatment and prevention
- Operating prevention, screening and early detection programs

The Agency is working toward a vision of a healthy province free from cancer. Our Cancer Prevention Department is committed to supporting your efforts to prevent cancer and live a healthy and fulfilling life.

For more information, contact the:

Saskatchewan Cancer Agency  
Prevention Department  
Population Health Division  
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Regina, Saskatchewan S4S 6X3  
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## Cancer Prevention

### Your health - you can make a difference



Saskatchewan Cancer Agency  
*A healthy population free from cancer*

[www.saskcancer.ca](http://www.saskcancer.ca)

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## Can cancer be prevented?

Research shows that at least 50 per cent of cancers can be prevented through a healthier lifestyle such as eating healthy foods, keeping a healthy body weight, staying physically active, practicing sun safety, and avoiding the use of tobacco. Small changes in your everyday life can make a difference.



## Tips for healthier living

### 1. Stay active and maintain a healthy body weight

Maintaining a healthy weight and staying active can help avoid obesity. Obesity is a risk factor for cancer, including post-menopausal breast cancer and cancers of the colon, kidney, esophagus and uterus.

Remember to balance your calorie intake with physical activity. Your intake of calories should not exceed the number of calories you burn through physical activity each day.

Try to incorporate physical activity into your everyday routine. Try to be physically active 30-60 minutes each day, including one hour of vigorous activity one day a week.



### 2. Eat a variety of healthy foods

Eat plenty of vegetables, fruits and whole grains. Eating a variety of healthy foods with an emphasis on plant-based foods such as vegetables, fruits and legumes can help reduce the risk of colon and stomach cancers.

Limit your intake of fat and foods high in trans-fats, such as fried foods and pastries. Choose lower-fat dairy products, fish and leaner meats. Also limit your intake of red meats and avoid processed meat.

Avoid alcohol or drink in moderation.

### 3. Avoid tobacco

Don't smoke or use tobacco products. Every time you smoke a cigarette, you are inhaling carcinogens that can cause cancer of the lung, esophagus and larynx (voice box). Try to reduce your exposure to second-hand smoke. If you do smoke, speak with your doctor about suitable programs or medications that can help you quit.