

You should know and remember these 7 health safeguards

CHANGE in bowel or bladder habits.
CAUSE that does not heal.
AUSUAL bleeding or discharge.
THICKENING or lump in breast or elsewhere.
INDIGESTION or difficulty in swallowing.
NONVIOUS change in wart or mole.
NAGGING cough or hoarseness which persists.

IT MUST BE REALISED THAT THESE HEALTH SAFEGUARDS ARE MOST OFTEN NOT CAUSED BY CANCER. BUT THE PRESENCE OF ANY ONE OF THEM SHOULD ALERT YOU TO THE FACT THAT SOMETHING IS WRONG. YOUR DOCTOR WILL BE ABLE TO PUT YOUR MIND AT REST OR GUIDE YOU IN THE RIGHT CHANNEL FOR FURTHER INVESTIGATION IF HE CONSIDERS IT ADVISABLE.

A REMINDER:

“Do YOU have proper medical insurance coverage?”

NUTRITION AND CANCER: A COMMON SENSE APPROACH



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Extensive research is under way to evaluate and clarify the role diet and nutrition play in the development of cancer. At this point, no direct cause-and-effect relationship has been proved, though statistics show that some foods may increase or decrease the risk for certain types of cancer. Evidence indicates that people might reduce their cancer risk by observing the following recommendations:

1. Avoid Obesity.

Individuals 40% or more overweight increase their risk of colon, breast, prostate, gallbladder, ovary and uterine cancers. People with weight problems should consult their physician to determine their best body weight, since their medical conditions and body build must be taken into account. Physicians can recommend a suitable diet and exercise regime to help maintain an appropriate weight.

2. Cut Down On Total Fat Intake.

A diet high in fat may be a factor in the development of certain cancers, particularly breast, colon and prostate. In addition, by avoiding fatty foods, people are better able to control body weight.

3. Eat More High Fiber Foods Such As Whole Grain Cereals, Fruits and Vegetables.

Regular consumption of cereal, fresh fruits and vegetables is recommended. Studies suggest that diets high in fiber may help to reduce the risk of colon cancer. Furthermore, foods high in fiber content are a wholesome substitute for foods high in fat.

4. Include Foods Rich In Vitamins A and C In Your Daily Diet.

People should include in their diet dark green and deep yellow fresh vegetables and fruits, such as carrots, spinach, yams, peaches and apricots as sources of vitamin A; and oranges, grapefruit, strawberries, green and red peppers for vitamin C. These foods may help lower risk for cancers of the larynx, esophagus and the lung. The excess use of vitamin A supplements is not recommended because of possible toxicity.

5. Include Cruciferous Vegetables In Your Diet.

Certain vegetables in the cruciferous family, cabbage, broccoli, brussels sprouts, kohlrabi and cauliflower may help prevent certain cancers from developing. Research is in progress to determine how these foods may protect against cancer. Cruciferous vegetables have flowers with four leaves in the pattern of a cross.

6. Eat Moderately of Salt-cured, Smoked and Nitrite-cured Foods.

In areas of the world where salt-cured and smoked foods are eaten frequently, there is more incidence of cancer of the esophagus and stomach. The American food industry has developed new processes to avoid possible cancer-causing by-products.

7. Keep Alcohol Consumption Moderate, If You Do Drink.

The heavy use of alcohol, especially when accompanied by any type of smoking, including the use of smokeless tobacco, increases the risk of cancer of the mouth, larynx, throat, esophagus and liver.