

HEALTH TIP

MAY

AUSTRALIA'S BIGGEST MORNING TEA

2015



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Australia's Biggest Morning Tea (Thursday 28th May) is an annual fundraising event that provides an opportunity for friends, family or workmates to come together, share a cuppa and some delicious food, and help those affected by cancer. A staggering 1 in 2 Australians are diagnosed with cancer by the age of 85, but one dollar at a time, Biggest Morning Tea's held around the country are making a real difference in helping to fund the Cancer Council's vital research, prevention and support service programmes.

REDUCE YOUR RISK OF CANCER

One third of cancer deaths in Australia are caused by preventable risk factors. There are seven simple steps you can take to reduce your cancer risk:

Quit smoking - Tobacco smoke contains more than 4000 chemicals, including over 60 carcinogens (chemicals known to cause cancer).

Eat for health - Poor eating habits increase your risk of cancer at many sites in the body. Keep it simple - eat more fruit, veg, and fibre and eat less processed foods.

Maintain a healthy weight - Studies show being overweight, physically inactive and not eating well cause nearly one third of all cancers.

Be SunSmart - Skin cancer is the most common cancer diagnosed in Australia.

Limit alcohol - There is convincing evidence that drinking alcohol increases the risk of cancers of the bowel, breast, mouth, throat, voice box, oesophagus (food pipe) and liver.

Move your body - Physical activity helps to lower our risk of bowel and breast cancer, and even influences the growth of tumours.

Get checked - men: Look out for changes in your testicles, and enquire about prostate and bowel screening.

Get checked - women: Have a regular papsmear and mammogram, and ask about bowel screening.



Make your cup count in 2015!



Source: <http://www.cancer.org.au>, www.biggestmorningtea.cancer.org.au/

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