

19 Cancer

Time Taken:
20 Minutes 

Objectives

This section will introduce participants to the topic of how to reduce the risk of Cancer.



Step 1

What is Cancer?

Explain to participants that this week's topic is about cancer.

Ask participants to put up their hands if they have ever heard of cancer before?

- ✿ Explain to participants that our bodies are made up of tiny things called cells. Our body is always making new cells (that's how our hair and nails grow longer).
- ✿ When somebody has cancer their body starts to make abnormal cells which form as lumps which can make the person sick.
- ✿ There are different types of cancer including skin cancer, lung cancer and breast cancer.

Step 2

Cancer Risk Factors

Ask participants can anyone think of things that can cause cancer?

Explain that there are many risk factors or causes of cancer.

The main risk factors are:

- Smoking.
- Not eating a healthy diet, including drinking too much alcohol.
- Not being physically active.
- Being overweight.
- Not being sun safe (see Sun Safety Workshop).

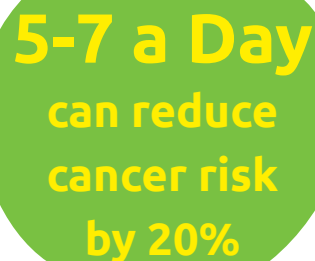
Step 3

Reducing the Risk

Ask participants what kind of things people can do to help reduce risk of getting cancer.

Ensure that the following topics are covered:

- ❁ Not smoking.
- ❁ Eating a healthy diet: at least five portions of fruit and vegetables every day.
- ❁ Only drinking alcohol in small amounts.
- ❁ Being physically active every day.
- ❁ Avoiding being overweight/obese.
- ❁ Taking care in the sun.



5-7 a Day
can reduce
cancer risk
by 20%

Step 4

Early Detection and Screening

Early detection is about knowing what is normal for your body. You then watch for changes that could be cancer. If you notice any changes, be sure to go for a check up.

- Screening is very important as it helps to find out if someone has cancer early so it can be treated as soon as possible.
- Screening is when you get checked for cancer even when you don't show any signs.
- In Ireland/Northern Ireland there are a number of different screening programmes.
- It is also very important for everyone to know their own body so if you notice any unusual signs you should visit your GP.