

- 1) Cancer is one disease. (T/F)
- 2) Some cancers are preventable. (T/F)
- 3) There are no safe ways to use tobacco. (T/F)
- 4) Smoking cigarettes kills more Americans than alcohol, car accidents, HIV, guns, and illegal drugs combined. (T/F)
- 5) Besides quitting smoking, which of these are ways can do to help reduce your cancer risk:
 - Get to and stay at a healthy weight throughout life.
 - Be physically active on a regular basis.
 - Make healthy food choices with a focus on plant-based foods
 - All of the above
- 6) If I'm wearing sunscreen, I can stay in the sun as long as I want. (T/F)
- 7) Diesel exhaust can cause health problems and can most likely increase the risk of lung cancer (and possibly other cancers). Check which of the following ways you can reduce exposure to diesel:
 - avoid or limit spending time near large sources of diesel exhaust
 - Utilize public transportation or other low- to zero-emission option
 - (telecommuting or teleworking) might be an option to lower their exposure
 - Reduce unnecessary idling of large vehicles and buses
- 8) How much physical activity is recommended by American Cancer Society per week for to reduce cancer risk and improve your immunity:
 - 150 minutes of moderate
 - 75 minutes of vigorous physical activity
 - Either option
- 9) Being overweight can increase cancer risk in many ways. If you are trying to control your weight, what step should you NOT take:
 - watch portion sizes*
 - Choose refined grain products instead of whole grains.*
 - See where you can cut down on portion sizes, cut back on some not-so-healthy foods and drinks, or both!*
- 10) What are two ways we can reduce cancer risk in our communities?

Commitment

I _____, play an important role in my personal health and our community health. I promise to make a difference in my community by incorporating health friendly habits into my life and sharing what I learn with my family and friends within my community to make a change.

CANCER QUIZ ANSWER KEY

ANSWER KEY

1. **Cancer is one disease. (T/F)**
F - Cancer is not just one disease. There are many types of cancer. It's not just one disease. Cancer is a word used to describe more than 100 diseases in which cells grow out of control; or a tumor with cancer in it
2. **Some cancers are preventable. (T/F)**
i. T
3. **There are no safe ways to use tobacco. (T/F)**
i. T - Cigarettes, cigars, pipes, and spit and other types of smokeless tobacco all cause cancer. There is no safe way to use tobacco.
4. **Smoking cigarettes kills more Americans than alcohol, car accidents, HIV, guns, and illegal drugs combined. (T/F)**
i. T
5. **Besides quitting smoking, which of these are ways can do to help reduce your cancer risk:**
 - i. Get to and stay at a healthy weight throughout life.
 - ii. Be physically active on a regular basis.
 - iii. Make healthy food choices with a focus on plant-based foods
 - iv. All of the above
6. **If I'm wearing sunscreen, I can stay in the sun as long as I want. (T/F)**
 - i. *False. These products don't provide total protection from ultraviolet rays. The American Cancer Society recommends that people seek shade and limit time in the sun at midday. Also, cover up with a shirt, wear a wide-brimmed hat, use a broad-spectrum sunscreen rated SPF 30 or higher, and reapply it about every 2 hours. Lip balm with sunscreen is a wise choice. And don't forget sunglasses to protect your eyes.*
7. **Diesel exhaust can cause health problems and can most likely increase the risk of lung cancer (and possibly other cancers). Check which of the following ways you can reduce exposure to diesel:**
 - i. **(ALL OPTIONS RECOMMENDED WHERE POSSIBLE)**
 - ii. Avoid or limit spending time near large sources of diesel exhaust
 - iii. Utilize public transportation or other low- to zero-emission option
 - iv. (telecommuting or teleworking) might be an option to lower their exposure
 - v. Reduce unnecessary idling of large vehicles and buses
8. **How much physical activity is recommended by American Cancer Society per week for to reduce cancer risk and improve your immunity:**
 - i. 150 minutes of moderate
 - ii. 75 minutes of vigorous physical activity
 - iii. **Either option**
9. **Being overweight can increase cancer risk in many ways. If you are trying to control your weight, what step should you NOT take:**
 - i. **(ALL OPTIONS RECOMMENDED WHERE POSSIBLE)**
 - ii. *watch portion sizes*
 - iii. *Choose refined grain products instead of whole grains.*
 - iv. *See where you can cut down on portion sizes, cut back on some not-so-healthy foods and drinks, or both!*
10. **What are two ways we can reduce cancer risk in our communities?**
 - i. *We all can be part of these changes: Let's ask for healthier food choices at our workplaces and schools.*
 - ii. *For every junk food item in the vending machine, ask for a healthy option, too.*
 - iii. *Support restaurants that help you to eat well by offering options like smaller portions, lower-calorie items, and whole-grain products.*

CANCER FACTS (SOURCE: www.cancer.org, more information available online)

What Is Cancer?

Cancer can start any place in the body. It starts when cells grow out of control and crowd out normal cells. This makes it hard for the body to work the way it should. Cancer can be treated very well for many people. In fact, more people than ever before lead full lives after cancer treatment. Here we will explain what cancer is and how it's treated. You'll find a list of words about cancer and what they mean at the end of this booklet.

Cancer basics

Cancer is not just one disease. There are many types of cancer. It's not just one disease. Cancer can start in the lungs, the breast, the colon, or even in the blood. Cancers are alike in some ways, but they are different in the ways they grow and spread.

How are cancers alike?

The cells in our bodies all have certain jobs to do. Normal cells divide in an orderly way. They die when they are worn out or damaged, and new cells take their place. Cancer is when the cells start to grow out of control. The cancer cells keep on growing and making new cells. They crowd out normal cells. This causes problems in the part of the body where the cancer started. Cancer cells can also spread to other parts of the body. For instance, cancer cells in the lung can travel to the bones and grow there. When cancer cells spread, it's called metastasis (meh-TAS-tuh-sis). When lung cancer spreads to the bones, it's still called lung cancer. To doctors, the cancer cells in the bones look just like the ones from the lung. It's not called bone cancer unless it started in the bones.

How are cancers different?

Some cancers grow and spread fast. Others grow more slowly. They also respond to treatment in different ways. Some types of cancer are best treated with surgery; others respond better to drugs called chemotherapy (key-mo-THER-uh-pee). Often 2 or more treatments are used to get the best results. When someone has cancer, the doctor will want to find out what kind of cancer it is. People with cancer need treatment that works for their type of cancer.

What are tumors?

Most cancers form a lump called a tumor or a growth. But not all lumps are cancer. Doctors take out a piece of the lump and look at it to find out if it's cancer. Lumps that are not cancer are called benign (be-NINE). Lumps that are cancer are called malignant (muh-LIG-nunt). There are some cancers, like leukemia (cancer of the blood), that don't form tumors. They grow in the blood cells or other cells of the body.

"There is a fear that goes through you when you're told you have cancer. It's so hard in the beginning to think about anything but your diagnosis. It's the first thing you think about every morning. I want people with cancer to know it does get better. Talking about your cancer helps you deal with all of the new emotions you are feeling. Remember, it's normal to get upset." – Delores, cancer survivor

What stage is the cancer?

The doctor also needs to know if and how far the cancer has spread from where it started. This is called the cancer stage. You may have heard other people say that their cancer was stage 1 or stage 2. Knowing the stage of the cancer helps the doctor decide what type of treatment is best.

For each type of cancer there are tests that can be done to figure out the stage of the cancer. As a rule, a lower stage (such as a stage 1 or 2) means that the cancer has not spread very much. A higher number (such as a stage

Cancer Knowledge Quiz & Cancer Facts

3 or 4) means it has spread more. Stage 4 is the highest stage. Ask your doctor to explain the stage of your cancer and what it means for you.

Diet and Physical Activity: What's the Cancer Connection?

How much do daily habits like diet and exercise affect your risk for cancer? Much more than you might think. Research has shown that poor diet and not being active are 2 key factors that can increase a person's cancer risk. The good news is that you do something about this.

Besides quitting smoking, some of the most important things you can do to help reduce your cancer risk are:

- Get to and stay at a healthy weight throughout life.
- Be physically active on a regular basis.
- Make healthy food choices with a focus on plant-based foods.
- The evidence for this is strong. The World Cancer Research Fund estimates that about 20% of all cancers diagnosed in the US are related to body fatness, physical inactivity, excess alcohol consumption, and/or poor nutrition, and thus could be prevented.

Control your weight.

Getting to and staying at a healthy weight is important to reduce the risk of cancer and other chronic diseases, such as heart disease and diabetes. Being overweight or obese increases the risk of several cancers, including those of the breast (in women past menopause), colon and rectum, endometrium (the lining of the uterus), esophagus, pancreas, and kidney, among others.

Being overweight can increase cancer risk in many ways. One of the main ways is that excess weight causes the body to produce and circulate more estrogen and insulin, hormones that can stimulate cancer growth.

What's a healthy weight?

One of the best ways to get an idea if you are at a healthy weight is to check your Body Mass Index (BMI), a score based on the relationship between your height and weight. Use our easy online [BMI calculator](#) to find out your score. To reduce cancer risk, most people need to keep their BMIs below 25. Ask your doctor what your BMI number means and what action (if any) you should take.

Being overweight can increase cancer risk in many ways. If you are trying to control your weight, a good first step is to watch portion sizes, especially of foods high in calories, fat, and added sugars. Also try to limit your intake of high-calorie foods and drinks. Try writing down what and how much you eat and drink for a week, then see where you can cut down on portion sizes, cut back on some not-so-healthy foods and drinks, or both!

For those who are overweight or obese, losing even a small amount of weight has health benefits and is a good place to start.

Be more active.

Watching how much you eat will help you control your weight. The other key is to be more physically active. Being active helps reduce your cancer risk by helping with weight control. It can also help improve your hormone levels and the way your immune system works.

More good news – physical activity helps you reduce your risk of heart disease and diabetes, too! So grab your athletic shoes and head out the door!

The latest recommendations for adults call for at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity activity each week, or an equivalent combination, preferably spread throughout the week. This is over and above usual daily activities like using the stairs instead of the elevator at your office or doing housework. For kids, the recommendation is at least 60 minutes of moderate or vigorous intensity activity each

Cancer Knowledge Quiz & Cancer Facts

day, with vigorous intensity activity occurring at least 3 days each week. Moderate activities are those that make you breathe as hard as you would during a brisk walk. This includes things like walking, biking, even housework and gardening. Vigorous activities make you use large muscle groups and make your heart beat faster, make you breathe faster and deeper, and also make you sweat. It's also important to limit sedentary behavior such as sitting, lying down, watching television, or other forms of screen-based entertainment. Being more physically active than usual, no matter what your level of activity, can have many health benefits.

Eat healthy foods.

Eating well is an important part of improving your health and reducing your cancer risk. Take a good hard look at what you typically eat each day and try these tips to build a healthy diet plan for yourself and your family:

Choose foods and drinks in amounts that help you get to and maintain a healthy weight.

Read food labels to become more aware of portion sizes and calories. Be aware that "low-fat" or "non-fat" does not necessarily mean "low-calorie."

- Eat smaller portions when eating high-calorie foods.
- Choose vegetables, whole fruit, legumes such as peas and beans, and other low-calorie foods instead of calorie-dense foods such as French fries, potato and other chips, ice cream, donuts, and other sweets.
- Limit your intake of sugar-sweetened beverages such as soft drinks, sports drinks, and fruit-flavored drinks.
- When you eat away from home, be especially mindful to choose food low in calories, fat, and added sugar, and avoid eating large portion sizes.
- Limit how much processed meat and red meat you eat.
- Minimize your intake of processed meats such as bacon, sausage, lunch meats, and hot dogs.
- Choose fish, poultry, or beans instead of red meat (beef, pork, and lamb).
- If you eat red meat, choose lean cuts and eat smaller portions.
- Prepare meat, poultry, and fish by baking, broiling, or poaching rather than by frying or charbroiling.
- Eat at least 2½ cups of vegetables and fruits each day.
- Include vegetables and fruits at every meal and snack.
- Eat a variety of vegetables and fruits each day.
- Emphasize whole fruits and vegetables; choose 100% juice if you drink vegetable or fruit juices.
- Limit your use of creamy sauces, dressings, and dips with fruits and vegetables.
- Choose whole grains instead of refined grain products.
- Choose whole-grain breads, pasta, and cereals (such as barley and oats) instead of breads, cereals, and pasta made from refined grains, and brown rice instead of white rice.
- Limit your intake of refined carbohydrate foods, including pastries, candy, sugar-sweetened breakfast cereals, and other high-sugar foods.

If you drink alcohol, limit how much

People who drink alcohol should limit their intake to no more than 2 drinks per day for men and 1 drink per day for women. The recommended limit is lower for women because of their smaller body size and slower breakdown of alcohol. A drink of alcohol is defined as 12 ounces of beer, 5 ounces of wine, or 1½ ounces of 80-proof distilled spirits (hard liquor). In terms of cancer risk, it is the amount of alcohol, not the type of alcoholic drink that is important. These daily limits do not mean it's safe to drink larger amounts on fewer days of the week, since this can lead to health, social, and other problems.

Reducing cancer risk in our communities

Adopting a healthier lifestyle is easier for people who live, work, play, or go to school in an environment that supports healthy behaviors. Working together, communities can create the type of environment where healthy choices are easy to make.

Cancer Knowledge Quiz & Cancer Facts

We all can be part of these changes: Let's ask for healthier food choices at our workplaces and schools. For every junk food item in the vending machine, ask for a healthy option, too. Support restaurants that help you to eat well by offering options like smaller portions, lower-calorie items, and whole-grain products. And let's help make our communities safer and more appealing places to walk, bike, and be active.

Cancer words you may hear

These are words that you may hear your cancer care team use.

- Benign (be-NINE): a tumor that's not cancer
- Biopsy (BY-op-see): taking out a piece of tissue to see if cancer cells are in it
- Cancer (CAN-sur): a word used to describe more than 100 diseases in which cells grow out of control; or a tumor with cancer in it
- Chemotherapy (key-mo-THER-uh-pee): the use of drugs to treat disease. The word most often refers to drugs used to treat cancer. Sometimes it's just called "chemo."
- Malignant (muh-LIG-nunt): having cancer in it
- Metastasis/Metastasized (meh-TAS-tuh-sis/meh-TAS-tuh-sized): the spread of cancer cells to distant parts of the body through the lymph system or bloodstream
- Oncologist (on-KAHL-uh-jist): a doctor who treats people who have cancer
- Radiation therapy (ray-dee-A-shun THER-uh-pee): the use of high-energy rays, like x-rays, to treat cancer
- Remission (re-MISH-un): when signs or symptoms of cancer are all or partly gone
- Stage: a word that tells whether a cancer has spread, and if so, how far

How can I learn more about my cancer?

If you have questions about cancer or need help finding resources in your area, please go online to www.cancer.org or call the American Cancer Society at 1-800-227-2345. We're there when you need us – 24 hours a day, 7 days a week.