

# Cancer Prevention and Early Detection Resources in Waterloo Region

## General

Canadian Cancer Society - Waterloo Region  
[www.cancer.ca](http://www.cancer.ca)  
886-8888

Canadian Health Network  
[www.canadian-health-network.ca](http://www.canadian-health-network.ca)

Cancer Care Ontario  
[www.cancercare.on.ca](http://www.cancercare.on.ca)

Cancer Information Services  
Canadian Cancer Society  
1-888-939-3333

Grand River Regional Cancer Centre  
[www.grrcc.on.ca](http://www.grrcc.on.ca)  
749-4380

Health Canada  
[www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

Local Cancer Prevention Community Events  
[www.communityevents.ca](http://www.communityevents.ca)

Region of Waterloo Public Health  
Heart Health and Cancer Prevention Program  
[www.region.waterloo.on.ca](http://www.region.waterloo.on.ca)  
883-2253

## Cervical Screening

Ontario Cervical Screening Program  
[www.cancercare.on.ca/cervical/home.html](http://www.cancercare.on.ca/cervical/home.html)

Developed with the assistance of



Region of Waterloo  
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## Genetic Counseling for Familial Cancer

Hamilton (905) 387-9711 Ext 65922  
London (519) 685-8600 Ext 3252

## Tobacco Prevention and Cessation

Smokers' Helpline  
1-877-513-5333

Tobacco Information Line  
Region of Waterloo Public Health  
883-2279

Lung Association Information Line  
1-800-972-2636

Lung Association of Waterloo Region  
[www.on.lung.ca](http://www.on.lung.ca)  
886-8100

Smoker's Anonymous  
578-6681

## Skin Cancer Prevention

Canadian Dermatology Association  
[www.dermatology.ca](http://www.dermatology.ca)  
1-800-267-3376

## Healthy Eating

5 to 10 a day  
[www.5to10aday.com](http://www.5to10aday.com)

Dietitians of Canada  
[www.dietitians.ca](http://www.dietitians.ca)

## Breast Screening

Ontario Breast Screening Program  
[www.cancercare.on.ca/obsp](http://www.cancercare.on.ca/obsp)  
1-800-668-9304  
Call for listing of local OBSP sites

# Cancer Prevention and Early Detection Information










## in Waterloo Region



Developed by the Cancer Prevention and  
Early Detection Network of Waterloo Region  
(519) 883-2008

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Many factors may contribute to the development of cancer such as: lifestyle, genetics, environment. The following suggestions **may reduce** your risk:

Prevention Guidelines	Evidence supporting the reduction of the following cancers:
 <p>Be a non-smoker. Do not chew tobacco.</p>	<ul style="list-style-type: none"> <li>Lung, bladder, kidney, pancreas, cervix, mouth, esophagus, and larynx</li> <li>May be linked to breast, skin and colorectal</li> </ul>
<p>Avoid second-hand smoke.</p>	<ul style="list-style-type: none"> <li>Lung and nasal sinus.</li> <li>Has been linked to breast and cervical</li> </ul>
 <p>Eat 5 to 10 servings of vegetables and fruit everyday.</p>	<ul style="list-style-type: none"> <li>Colon, lung, stomach, mouth, pharynx and esophagus</li> <li>Good evidence for breast, laryngeal, and bladder</li> <li>Possible link to prostate</li> </ul>
 <p>Maintain a healthy body weight. Aim for a Body Mass Index (BMI) between 20 - 25.*</p>	<ul style="list-style-type: none"> <li>Cancer of the uterus</li> <li>Probable link to breast and kidney</li> </ul>
 <p>Be active. Get 30 - 45 minutes of moderate to vigorous activity on most days of the week.</p>	<ul style="list-style-type: none"> <li>Colorectal</li> <li>May be linked to breast and prostate</li> </ul>
 <p>If you don't drink, don't start. If you drink alcohol, limit your intake to 1 - 2 drinks/day. No more than 9 per week for women and 14 per week for men. Drink slowly; wait at least one hour between drinks; take alcohol with food.</p>	<ul style="list-style-type: none"> <li>Mouth, pharynx, larynx, esophagus and liver</li> <li>Probable link to breast and colorectal</li> </ul>
 <p>Avoid the sun from 11 am - 4 pm. If you must be out in the sun, wear a hat, sunglasses and long sleeves and pants. Use a sunscreen with a SPF 15+ with UVA/UVB protection. Avoid tanning beds or sun lamp. Long sleeves and pants, a hat and sunglasses).</p>	<ul style="list-style-type: none"> <li>Skin</li> </ul>
 <p>Safer sex. Limit the number of partners in your lifetime. Use condoms.</p>	<ul style="list-style-type: none"> <li>Cervical, liver, anal and genital</li> </ul>

Screening Guidelines	For early detection of the following cancers:
<p><b>Men and Women:</b></p> <ul style="list-style-type: none"> <li>Discuss colorectal cancer screening with your doctor</li> <li>Check your skin regularly and discuss any changes with your doctor or nurse practitioner</li> </ul> <p><b>Women:</b></p> <ul style="list-style-type: none"> <li>Have a regular Pap Test every 1 to 2 years; discuss how often with your doctor or nurse practitioner</li> <li>Have a yearly clinical breast exam by a doctor or trained nurse</li> <li>Have a mammogram every 2 years if you are 50 or older; may be sooner with a family history.</li> </ul> <p><b>Men:</b></p> <ul style="list-style-type: none"> <li>Discuss prostate and testicular screening with your doctor or nurse practitioner</li> </ul>	<p>Colorectal Skin</p> <p>Cervical</p> <p>Breast</p> <p>Breast</p> <p>Prostate and testicular</p>

## Do You Have A Healthy Body Weight?

### Calculate your BMI\* (Body Mass Index)

$$\text{BMI} = \frac{\text{Weight in kilograms}}{(\text{height in cm})^2} \times 10,000$$

For example a person weighing 95 kg and 182 cm tall would use the following formula:

$$95\text{kg} \div (182\text{ cm} \times 182\text{ cm}) \times 10,000 = 28.68 \text{ BMI}$$

Note: 1 inch = 2.54 centimetres

1 pound = 0.45 kilograms

## Health Risk Zones

Less than 20	may be associated with health problems for some people
20 - 25	healthy weight for most people
25 - 27	may lead to health problems
More than 27	increasing risk of developing health problems

For more printed information on Body Mass Index call 883-2374.

\*The BMI should not be used for people under 20 years of age, adults over 65, pregnant and breast-feeding women, or with muscular people.