

PRINT OUT BOTH SHEETS AND GLUE OR TAPE THEM BACK-TO-BACK. THEN CUT OUT EACH CARD.



Cancer has touched many of our lives already. How many of us could get some type of cancer in the future?

- a) 1 out of 5
- b) 1 out of 4
- c) 1 out of 2
- d) all of us



Many cancers can be prevented by making good lifestyle choices. What percentage of all types of cancers can be prevented?

- a) 20%
- b) 30%
- c) 40%
- d) 50%



Which of the lifestyle factors below can help to prevent cancer?

- a) avoiding use of tobacco
- b) having a healthy diet and exercising regularly
- c) avoiding harmful sun exposure
- d) all of the above



What type of cancer is the leading cause of cancer death for men and women in Canada?

- a) breast cancer
- b) lung cancer
- c) prostate cancer
- d) liver cancer



What gives you the best protection from the sun?

- a) a baseball hat
- b) a hat and lightweight clothes with long sleeves and pants
- c) sunscreen with 30+ SPF
- d) you don't need protection—sun is good for you



Which of the following diseases can become a threat to a child or adult who gets repeated exposure to second-hand smoke?

- a) heart disease
- b) Parkinson's disease
- c) Alzheimers' disease
- d) Crohn's disease



What is cancer?

- a) an infectious disease
- b) something that we all develop eventually
- c) a group of diseases where cells grow out of control
- d) the result of an injury



What kind of foods are especially important if you are aiming for a cancer-prevention diet?

- a) vegetables and fruit
- b) bread and pasta
- c) dairy products
- d) red meat

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Answer

If you chose b) lung cancer, you are right! Unfortunately, lung cancer is the most common cause of cancer death in Canada. Lung cancer kills more people each year than any other type of cancer, including cancers of the breast, prostate, and colon.



Answer

If you chose d) all of the above, you are right! What you eat, whether you smoke, your level of activity, your weight, and how you spend time in the sun are five lifestyle factors that affect the risk of developing cancer.



Answer

If you chose d) 50%, you are right! More than half of all cancers can be prevented if you get plenty of exercise, eat well, don't smoke, and protect yourself from the sun.



Answer

If you chose c) 1 out of 2, you are right! So, the bad news is that approximately half of us might get cancer. But the good news is that many of those cancers can now be cured and many can also be prevented.



Answer

If you chose a) vegetables and fruit, you are right! Vegetables and fruit bring significant health benefits and if you include 5 - 10 servings per day you can lower the risk of developing many types of cancer.



Answer

If you chose c) a group of diseases where cells grow out of control, you are right! You cannot 'catch' cancer from somebody else or from an injury. But not everybody develops cancer and there are ways you can prevent it.



Answer

If you chose a) heart disease, you are right! Exposure to second-hand smoke from other people's cigarettes is linked to many risks, including heart disease. Repeated exposure can cause both long- and short-term health problems.



Answer

If you chose c), you are right! Wearing protective clothing (including long sleeves and a hat) is the best way to protect yourself. Be especially careful between 11 am and 3 pm when the sun's rays are strongest.

