Cancer Prevention

What you can do to Prevent Cancer Now!

Diana Daghofer, Rossland, BC
Dedication

Carole Zeyl
December 6, 1961
- January 29, 2006
This presentation:

- ABOUT PREVENT CANCER NOW

- THE EPIDEMIC
  - One in two men; one in every 3 women - all cancers
  - Breast cancer: One in 8 women!

- THE CAUSES
  - including DDT,
  - everyday chemicals & food!

- THE SOLUTIONS
  - Personal solutions
  - Prevent Cancer Now
Prevent Cancer Now

- Canada-wide movement to eliminate the preventable causes of cancer
- Incorporated in January 2007
- National conference in May 2007
- Volunteer-driven, 2 part-time staff
- [www.PreventCancerNow.ca](http://www.PreventCancerNow.ca)
Welcome to our new website...

We hope you like our new look! Staff and volunteers have been hard at work over the past few months on our new website and logo. You will see a similar look in our newsletter. Better still, there’s even more information on what Prevent Cancer Now is doing to help prevent cancer, and what you can do now to protect yourself and your loved ones. You can get information on the work we are doing to change legislation and make our environment safer under “Issues and Actions”. Practical information on how to reduce carcinogens in your life is provided under “Prevention”. If you haven’t already, be sure to sign our Cancer Prevention Declaration! Please send us an email and tell us what you think of our new website and newsletter. We would love to hear from you!

Stop Incineration

Incinerators emit hundreds of pollutants, including carcinogens, into our air, land and water every day. Health Canada says the biggest source of dioxins and furans come from the burning of municipal and medical waste. Help us stop this toxic technology! MORE »

"CANADA'S INVESTIGATIVE CONSUMER SHOW"  
MARKETPLACE  
Are cellphones really safe for your kids?

"TAKE ACTION ON ASBESTOS!"  
EMAIL THE PRIME MINISTER NOW!

"AN OUNCE"  
READ THE LATEST ISSUE WINTER 2009

"PREVENT CANCER NOW"  
Say NO to Incineration in Canada  
INCREASE YOUR RISK OR REDUCE YOUR RISK

This ground-breaking book provides practical tools and solutions for everyone: business, governments, labour, families, youth, action groups and – of course – you! MORE »

"IN THE NEWS" SEE ALL NEWS  
Globe and Mail (Feb 26)  
Cure for cancer just might be prevention

Ottawa Citizen (Feb. 25)  
Alcohol increases women’s cancer risk

Globe and Mail (Feb. 24)  
Bisphenol A may build up in babies

© NEWSLETTER SIGN-UP
Enter your email to sign-up for PCN's "An Ounce" Newsletter

SUBMIT »
Prevent Cancer Now

Goals:
- Create a national movement to prevent cancer
- Increase prevention from the current 2% to 50% of all cancer funding
- Promote the precautionary principle
- Eradicate environmental and workplace exposures to carcinogens
- Empower people to take action
- Improve regulations to protect the public and workers’ health
Part 2: The Epidemic

Cancer in the ‘Developed’ World

1900: 1 in 25
1925: 1 in 10
1960: 1 in 4
2000: 1 in 3
Cancer Incidence Worldwide

Estimated numbers of new cases, age standardised incidence rates and most commonly diagnosed cancers in the different regions of the world, 2002.
Cancer (malignant neoplasms, ICD9 definition), All malignant neoplasms, All ages, both sexes, 2001

per 100,000

- < 147.5
- 147.5 < 154.4
- 154.4 < 161.4
- 161.4 < 166.6
- 166.6 < 169.8
- ≥ 169.8
- BC = 157.0
- Not available

Chronic Disease Infobase, Surveillance Division, CCDPC, PHAC
http://infobase.phac-aspc.gc.ca
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If there’s a war on cancer...we’re not winning

Mortality Rates - Cancer and Heart Disease

Source: Public Health Agency of Canada, Chronic Disease Infobase
The Cost of Cancer

- In 1994, doctors could extend the life of a patient for 1 year
  - Cost of the drugs: $500
- By 2004, they could extend a life by almost 2 years.
  - Cost of the drugs: $250,000
- Canada total cost of cancer: $14 billion (1998)
Part 3: The Causes

Most cancers are *environmental*

- “Cancer is made, not born.”
- Many interacting factors
LIFESTYLE FACTORS

ENVIRONMENTAL POLLUTION

Smoking  Sexual Behavior  Diet  Alcohol

Lack of Exercise  Natural Hormones  Sunlight

UV rays
Personal and dietary factors
Smoking
Sun tanning
Absence of UV light (Vit. D)
Obesity
Lack of regular exercise
Personal and dietary factors
Smoking
Sun tanning
Absence of UV light (Vit.D)
Obesity
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Other food factors:
Processed foods
BGH in milk
Sugar and alcohol
Smoked meats
Non-organic food
Pesticides
Personal and dietary factors
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Workplace exposure
Solvents
Heavy metals
Diesel fuel
Benzene
Asbestos
+++
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Radiation
Solar UV
Ionizing radiation
EMF radiation

Air pollution
Second hand smoke
Benzene
Diesel
Asbestos
Indoor air pollutants
Coal-fired power

Radiation from nuclear
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Water pollution
Chlorine by-products
Industrial chemicals
Pesticide residues
Fluoride
Hormone disruptors

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Toxic products
Cosmetics
Fire retardants
Solvents
Non-stick agents
Cleaning products
Building products
Plasticizers
Some drugs
Hormone replacement therapy
Some surgical implants
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Natural carcinogens
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Radiation from nuclear

Infectious agents
Hepatitis B & C
HIV
Human Papilloma virus

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Reduced immunity
Toxic substances that weaken the immune system’s ability to fight cancer

Air pollution
Second hand smoke
Benzene
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Asbestos
Indoor air pollutants
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**Endocrine disruptors**
Endocrine disrupting chemicals
Increased exposure to natural estrogen
Loss of darkness, reducing melatonin

**Infectious agents**
Hepatitis B & C
HIV
Human Papilloma virus

**Reduced immunity**
Toxic substances that weaken the immune system’s ability to fight cancer
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Workplace exposure
- Solvents
- Heavy metals
- Diesel
- Benzene
- Asbestos
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Air pollution
- Second hand smoke
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- Asbestos
- Indoor air pollutants
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Infectious agents
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- HIV
- Human Papilloma virus

Reduced immunity
- Toxic substances that weaken the immune system's ability to fight cancer

Exposure to toxic substances
- By parents or grandparents
  - Before conception
  - In the womb
  - During infancy
  - In puberty
Personal and dietary factors
- Smoking
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- Absence of UV light (Vit.D)
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Water pollution
- Chlorine by-products
- Industrial chemicals
- Pesticide residues
- Fluoride
- Hormone disruptors

Other factors
- Family history of cancer
- Poverty
- Loss of Vitamin D from sunlight
- Genetic variability

Infectious agents
- Hepatitis B & C
- HIV
- Human Papilloma virus

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Workplace exposure
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- Heavy metals
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- Asbestos
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Radiation
- Solar UV
- Ionizing radiation
- EMF radiation

Exposure to toxic substances
- Radiation from nuclear

Air pollution
- Second hand smoke
- Benzene
- Diesel
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COUNTERTHINK

WE'RE HERE TO SAVE YOUR PLANET.

HOW?

BY REMOVING YOU FROM IT.

CONCEPT - MIKE ADAMS
ART - DAN BERGER

WWW.NEWSTARGET.COM
Animals & fish don’t smoke, drink or hold stressful jobs...

But their cancer rates mirror human incidence.
“Better living through chemistry”

The Chemical Revolution
We started our enthusiasm for chemicals in the 1940s
"DDT is good for me-e-e-e!" 

The great expectations held for DDT have been realized. During 1946, exhaustive scientific tests have shown that, when properly used, DDT kills a host of destructive insect pests, and is a benefactor of all humanity.

Pennsalt produces DDT and its products in all standard forms and is now one of the country’s largest producers of this amazing insecticide. Today, everyone can enjoy added comfort, health and safety through the insect-killing powers of Pennsalt DDT products... and DDT is only one of Pennsalt’s many chemical products which benefit industry, farm and home.
The Nuclear Revolution

- Known cause of cancer
- Chernobyl - Up to 93,000 deaths; 90-fold increase in thyroid cancer in the contaminated area
- Breast cancer - Increases of 14-40% within 50 miles of a reactor, compared to 1% without
The Politics of Cancer

- Why we believe what we believe about the causes of cancer...
Rachel Carson (1907 - 1964)

“A chemical barrage and nuclear barrage has been hurled against the fabric of life.”
The world’s leading epidemiologist
Was knighted for work linking smoking & lung cancer in 1951

- 25 major awards
  - Honorary degrees from 13 universities
  - Gold Medal from the The Royal Society
  - Gold medal, European Cancer Society, 2000
  - Gold Medal from the British Medical Association
  - United Nations Award for Cancer Research, 1962
  - Ettore Majorana Erice "Science for Peace" prize, 1990
  - Shaw Prize for contribution to modern cancer epidemiology, 2005
Doll & Peto’s 1981 analysis of the causes of cancer

- Diet: 35%
- Tobacco: 30%
- Pollution: 2%
- Occupation: 4%
- Reproductive and sexual behavior: 7%
- Unknown: 3%
- Industrial Products: 1%
- Medicines and Medical Procedures: 1%
- Geophysical factors: 3%
- Alcohol: 3%
- Food Additives: 1%
- Infection: 10%

(1-5%) (2-4%)
Doll & Peto’s 1981 study:

- Looked only at deaths, not the incidence of cancer
- Excluded anyone over 65, even though 70% of deaths occur in people over 65
- Ignored the increase in cancer among children
- Ignored animal and lab studies that showed risk
- Did not address the multi-factorial nature of cancer
- Considered only 16 known carcinogens.
- In 2006, IARC listed 414 known & suspected carcinogens
In 2007, revealed that from 1970 - 1990, Doll was paid by Monsanto @ $1,500 per day

He also received payments from:

- ICI
- Dow Chemical
- Chemical Manufacturers Association
- Turner & Newall (asbestos industry)
- General Motors

During these years, Sir Richard Doll publicly defended the safety of asbestos, fluoride, lead in gasoline, Agent Orange, nuclear power, vinyl chloride, and pesticides.
What does the science say now?

Dr. Richard Clapp, Genevieve Howe, Molly Jacobs, Boston University: *Environmental and Occupational Causes of Cancer: A Review of Recent Scientific Evidence*

“Dozens of *preventable* environmental and occupational exposures are linked to nearly 30 types of cancer.”
Toxic Nation: A report on pollution in Canadians

- 11 volunteers tested for 88 chemicals
- Found 60 chemicals (44 per volunteer)
- 53 linked to reproductive disorders and child development harm
- 41 linked to cancer
- 27 linked to hormone disruption
- 21 linked to respiratory illnesses
2004 EWG Study - umbilical cord blood of newborn babies

- 287 chemical contaminants
- Average cord blood: 230 chemicals
Research sources

- Silent Spring Institute
- Center for Environmental Oncology, University of Pittsburgh Cancer Institute
- Canadian Environmental Law Association
- Canadian Association of Physicians for the Environment
- Pembina Institute
- Environmental Defence
Part 4: Solutions

- Individuals
- Parents & Children
- Youth
- Business & industry
- Labour organizations
- Health care professions
- Governments
...at home

- Food
- Cleaning
- Personal care products
- Building and renovating materials
Food

- Breastfeeding
- Organic fruit and vegetables
  - Cruciferous
  - Dark green or orange
  - Legumes
  - Berries
  - Garlic
  - Green tea
  - Flaxseed
Food not grown organically:

- Meat and cheese - 50% less iron
- Broccoli - 63% less calcium
- Potatoes - 100% less vitamin A
Organic Foods

- Corn - 58% more antioxidants
- Strawberries -19% more antioxidants
- Higher levels of vitamin C
- Higher levels of salvestrols
Food

☐ Avoid or limit:

- Charred foods
- Well-done red meat
- Sugar
- Heavily salted, smoked or pickled foods
- Sodas and soft drinks
- Alcohol
- Additives like aspartame
- Farmed fish
EAT MORE MEAT
EAT MORE JUNK FOOD
LIVE STUPID
DIE YOUNG
Plastics

- NEVER microwave food in plastic
- Avoid PVC products
- Get rid of Teflon
- Store foods in glass or metal
- Avoid canned foods (BPA)
Cleaning

- Leave shoes at the door
- Mop and vacuum regularly
- Nothing with a skull and crossbones
  - Vinegar, baking soda, lemon juice, Borax, microfibre
- Avoid dry cleaning
- Less Toxic Products:
  www.lesstoxicguide.ca
Personal Care Products

- Avoid parabens and phthalates, among other possible carcinogens
- Buy fragrance-free products
- Better brands are Aveda, Burt’s Bees and Dr. Hauschka
- Avoid lindane for lice
- [www.safecosmetics.org](http://www.safecosmetics.org)
Building and decorating materials

- Low or no-VOC paint
- Avoid new carpeting
  - Wood, natural linoleum, cork are better
- Particleboard and plywood often contain formaldehyde
- Natural wood or metal blinds - no PVC
- Natural fibre mattresses
...in our schools...

- Mobile phones - “More dangerous than smoking”
- Buses - drop-off zones away from children.
- Encourage Green and Healthy Schools
...on the job

- Asbestos – biggest occupational killer
- Uranium miners - 2-5 times higher risk of lung cancer.
- Diesel exhaust
- Second-hand smoke
...On earth –
A greener, simpler future

- Stop using fossil fuels
- Rid our world of toxic chemicals
- Adopt the precautionary principle

“Keep your chemicals out of my womb!”
We need to work together to end this epidemic of cancer...

☐ Let’s do it for ourselves
☐ For our children
☐ For those who died too soon from cancer
“Statistics are people with the tears washed off.”
Our children are counting on us to do this…
How will you **PREVENT** cancer now?
Prevent Cancer Now’s Top 10 Tips

1. Don’t smoke
2. Eat well - local and organic food
3. Get regular exercise
4. Keep cleaning products simple
5. Avoid plastics: use glass, stainless
6. Walk, cycle, take the train. Buy a hybrid car, if you need one. Drive and fly less
Prevent Cancer Now’s Top 10 Tips

7. Avoid unnecessary radiation: radon, x-rays, EMR from cell phones
8. Choose healthy home furnishings and decorating materials
9. Buy non-toxic stuff and use less of it
10. Speak up, act up and demand safe jobs, safe kids & a clean, green Earth.
Raise funds!

Red Mountain
Cancer Prevention Challenge
Saturday, March 28, 2009

A day of contests, a retro fashion show and a wrap-up party – all for a great cause!
Cancer Prevention Challenge

Events:
- Find Ullr’s gear (team scavenger hunt)
- Family-oriented fun races
- “Cruise the Blues” contest
- Mogul Mania
- Best retro outfit
- Creative use of the bandana
- NEW - “Score at the Stores” – off-mountain event

Prizes! A **Season’s Pass** for raising the most funds!!
More information:

www.PreventCancerNow.ca