

# Cultural Daily

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## Immediate Lifestyle Changes One Must Do To Avoid Cancer

Our Friends · Sunday, May 5th, 2024

As one of the leading causes of death worldwide, many fear being diagnosed with cancer. The pain during medications, financial setbacks, and emotional trauma add to the burden of physical suffering that's already present. Thus, many of us hope we can avoid cancer, a disease that can leave many households financially and spiritually broken.

Numerous factors contribute to the onset of cancer, with family history and environment playing a huge factor. But since you can't choose a lineage and cancer can be everywhere, lifestyle choices are quickly put under question, and it's indeed a sensible thing to do.

Due to this, abrupt lifestyle changes are proactive steps everyone can take to enhance their overall health and reduce their cancer risk.

### Lifestyle Changes for Cancer Prevention

Cancer occurs when abnormally growing cells begin to thrive and affect various body parts. Although genetic predisposition is one of the major factors of having cancer, lifestyle factors can significantly worsen or minimize cancer risk.

Here are the lifestyle changes one must embrace abruptly to lessen the risk of multiple cancer types.

#### Adopt a Healthy Diet

Nutritionists always preach a diet with more fruits and vegetables, which people often tend to disregard. Only when it came from oncologists did they begin to realize its worth.

Fruits and vegetables are filled with essential nutrients, antioxidants, and selenium. They all work together to protect the body against cell damage. Patients diagnosed with colorectal cancer have a regular fiberless diet, so always think of adding greens whenever you prepare your meals.

#### Reduce Red and Processed Meat Consumption

There's a clear link between colorectal cancer and red or processed meat. As hinted above, incorporating fruits and vegetables into a diet lowers the risk of different cancer types.

#### Choose Whole Grains over Refined Grains

Carbs are not generally bad. They are a good energy source, especially for a physically active person. However, only when they are refined that they become dangerous. Choose whole grains, which contain adequate fiber and are generally gut-friendly.

## Maintain a Healthy Weight

Obesity is linked to several types of cancer: breast, kidney, colon, pancreatic cancer, and more. Managing weight through diet and regular physical activity reduces these risks.

WHO recommends 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity every week. Monitor food intake and adapt restrictive diets to avoid excess calories that contribute to weight gain.

## Avoid Tobacco and Limit Alcohol

Tobacco use is profoundly linked with various cancer types: lung, mouth, throat, pancreas, and bladder cancers, to name a few. It's the most preventable cause of cancer worldwide, as stopping its use would immediately reduce the risk of cancer.

Chainsmokers have greater challenges of quitting. Vaping, although it contains chemicals, is a much safer activity compared to smoking. Stores like **OB Vape** provide a personalized approach to finding a suitable unit to help through an individual's transition.

More importantly, educating people about secondhand smoke may widen the eyes of cigarette smokers to the cancer risk they expose their family and loved ones to.

## Minimize Sun Exposure

Skin cancer is a common type of cancer. But fret not as it is one of the most preventable types. Avoid direct sunlight between 10 a.m. and 4 p.m., when the sun's rays are strongest. This should make a big difference.

Moreover, wearing sunscreen with an SPF of at least 30 will protect you from skin cancer-causing rays. Cloudy days aren't an excuse to not use them. Applying sunscreen or sunblock before going out has more benefits than just sun protection, as it is also an anti-aging practice. Wear long-sleeved shirts and wide-brimmed hats, or get under the shade during intense heat.

## Get Regular Medical Care

Regular screenings, like **geneType risk assessment**, can detect breast cancer at earliest stages when it is more treatable. Ask your local healthcare providers for appropriate screening recommendations. Regular self-exams and outpatient visits also help in early detection.

## Reduce Environmental Risks

Exposure to toxins and pollutants leads to cancer. Avoid known carcinogens such as asbestos, benzene, and formaldehyde, which are heavily linked to many cases of cancer. Following safety instructions and using protective gear when working around these elements can reduce risks. Radon, a natural but dangerous gas, can cause lung cancer. Testing and mitigating radon in homes can prevent exposure and thus help you avoid cancer.

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