



BC Forest Safety

Safety is **good** business

HEALTH AWARENESS: CANCER RISKS & PREVENTION

CANCER PREVENTION

- **CANCER DESCRIBES OVER 100 DIFFERENT DISEASES, SOME OF WHICH ARE TREATABLE, WHILE SOME HAVE VERY HIGH MORTALITY RATES.**
- **ONE IN TWO CANADIANS WILL DEVELOP A CANCER DURING THEIR LIFETIME AND ONE IN FOUR WILL DIE FROM IT.**
- **CANCER-CAUSING HAZARDS IN FORESTRY WORK INCLUDE UV LIGHT, DIESEL EXHAUST, BENZENE IN FUELS AND OTHER CHEMICALS. EXPOSURE TO HARDWOOD DUST INCREASES THE RISK OF CANCER IN THE NASAL SINUSES.**
- **MANY, BUT NOT ALL CANCERS, ARE LINKED TO LIFESTYLE. TOBACCO USE, A LOW-FIBRE/HIGH ANIMAL- FAT DIET, ALCOHOL CONSUMPTION, HIGH STRESS LEVELS, OBESITY AND A SEDENTARY LIFESTYLE ARE ALL LINKED TO INCREASED CANCER RATES.**
- **EARLY DETECTION IS IMPORTANT FOR CANCER SURVIVAL. CHECK WITH YOUR HEALTH CARE PROVIDER AND FOLLOW THROUGH WITH ANY RECOMMENDED CANCER SCREENING PROCEDURES.**