香港紅十字會
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Health Express
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CANCER PREVENTION GUIDE

Healthy Lifestyle

While genetic factors contribute to cancer risk, many cases are linked to modifiable external factors. Cancer is not inevitable - approximately 40% of cases are preventable. Reducing exposure to risk factors serves as a key prevention strategy. This bulletin will explore cancer prevention through diet, exercise, and lifestyle habits.

Diet

Research indicates that dietary patterns - including food choices, packaging, cooking methods, and storage practices - significantly influence cancer risk.

- Opt for stewing or boiling over high-temperature cooking methods like frying, grilling, or barbecuing meats
- Limit consumption of:
  - Red and processed meats
  - High-fat or high-sugar foods
  - Moldy foods
  - Very hot beverages
  - Preserved and smoked foods (e.g., Chinese salted fish)
- Increase intake of whole grains and fresh fruits/vegetables (aim for variety in color and type daily)
- Avoid alcohol intake

Physical Activity

Per WHO recommendations,

- Children/Adolescents (5-17 years):
  - Minimum 60 minutes daily of moderate-to-vigorous activity
- Adults/Elderly:
  - Minimum 150 minutes weekly of moderate aerobic activity OR 75 minutes of vigorous activity OR an equivalent combination
- Incorporate light activity into daily routines (home/office/leisure) and gradually increase duration and frequency.

Lifestyle & Hygiene Practices

Adequate Rest

- Target 7-8 hours nightly for adults
- Research shows
  - Physically active women sleeping <7 hours have 47% higher cancer risk than the enough one
  - Excessive sleep (>9 hours) increases risk of some kind of cancer.

- Maintain an Optimistic and Positive Attitude
- Get Vaccinated
  - Receive preventive vaccines, such as Hepatitis B vaccine, HPV vaccine (also known as the cervical cancer vaccine)
- Avoid Excessive Sun Exposure
- Avoid Smoking
- Undergo Cancer Screening
  - Cervical screening, Colorectal cancer screening, Breast cancer risk assessment

For screening details, please scan the QR code below

Cervical Screening Programme

Colorectal Cancer Screening Programme

Breast Cancer Risk Assessment Tool

References:
The HKBU Jockey Club Chinese Medicine Disease Prevention and Health Management Centre
Centre for Health Protection
DThe Elderly Health Service
Cancer Online Resource Hub
Hong Kong Anti-Cancer Society

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