

**NO ONE
SHOULD FACE
CANCER
ALONE**

**WE ARE
MACMILLAN.
CANCER SUPPORT**

Quiz

WELLBEING AND CANCER



1

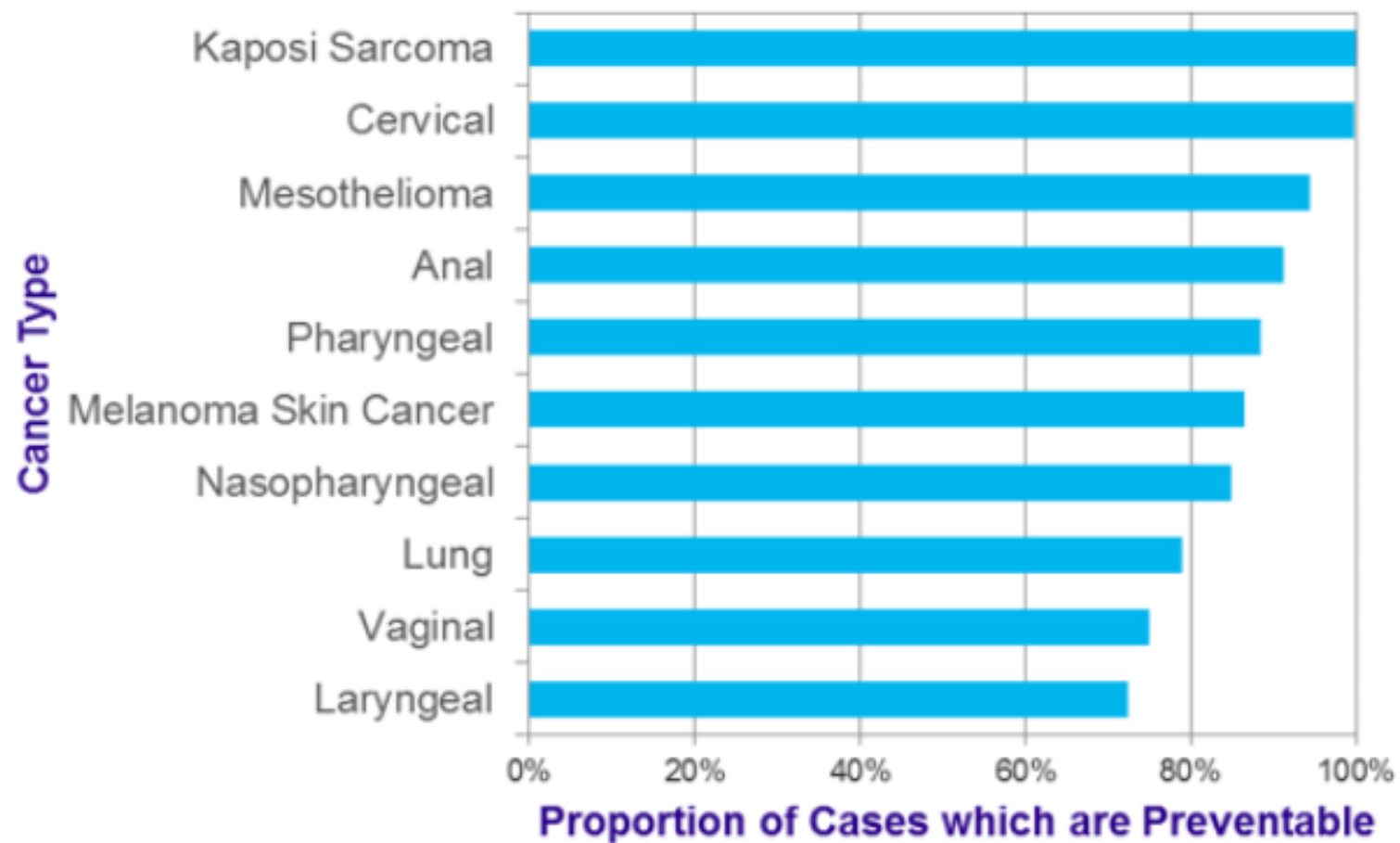
Approximately what
proportion of
cancers are
preventable?

Preventable cases



Cancer cases are
preventable, UK, 2015

Cancer Types with Highest Proportion of Preventable Cases, UK, Persons, 2015





2

What is the most significant thing that you can do to reduce your risk of cancer?





3

**Apart from stopping
smoking, name other
things people can do
to reduce their risk of
cancer...**

7 ways to cut down cancer



Be smoke free



Keep a healthy weight



Be safe in the sun



Drink less alcohol



Eat a high fibre diet



Cut down on processed meat



Be more active

Make a change to reduce the risk of cancer

●●● Larger circles indicate more UK cancer cases

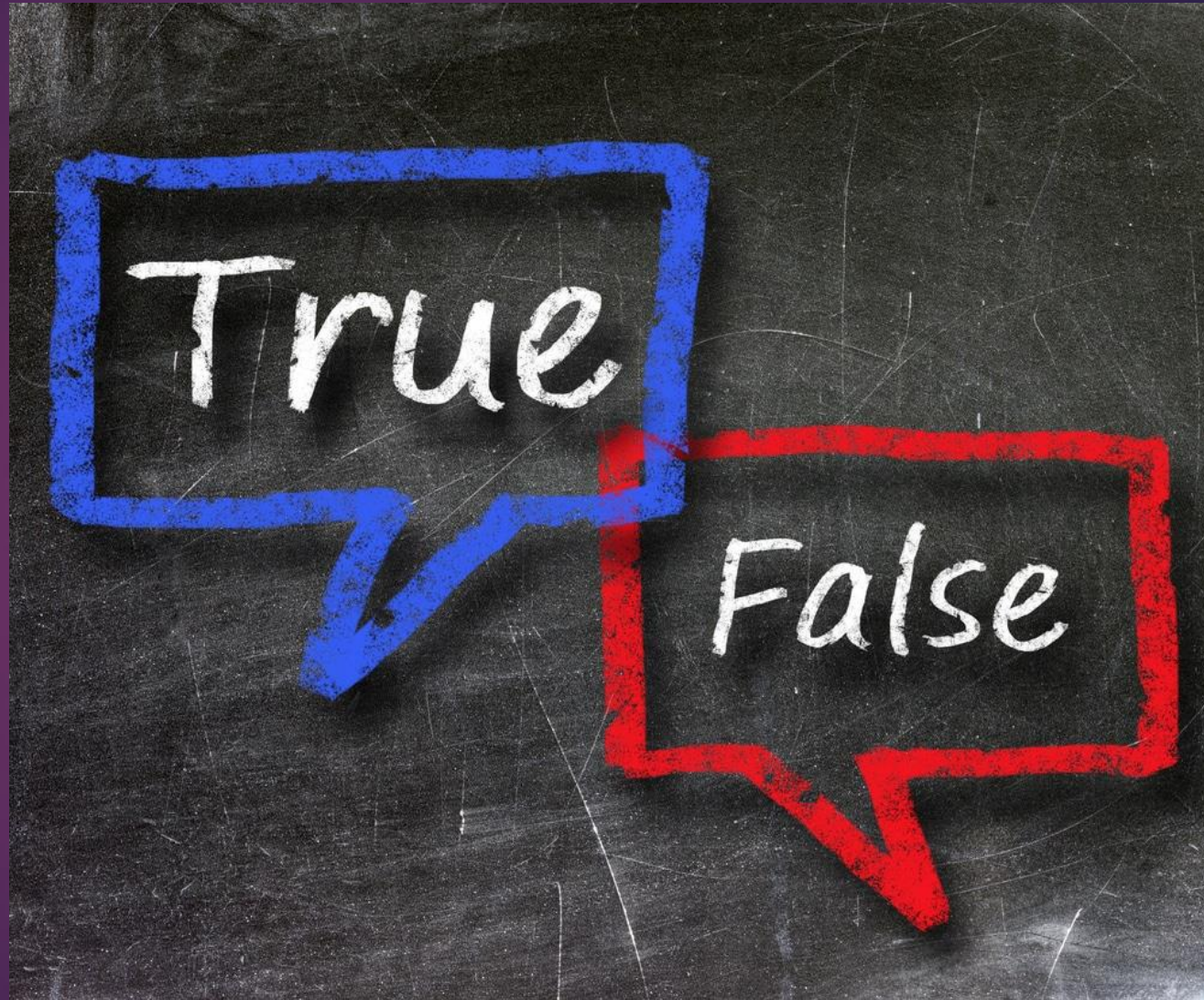
4



What do these three women have in common?



(a) Original Charlies Angels!
(b) They all had cancer





5

TRUE OR FALSE

If you get cancer, it's usually because someone in your family has it



TRUE OR FALSE

FALSE

If you get cancer, it's usually
because someone in your family
has it

6

TRUE OR FALSE?

**Drinking out of plastic bottles
causes cancer**



TRUE OR FALSE?

FALSE

**Drinking out of plastic bottles
causes cancer**

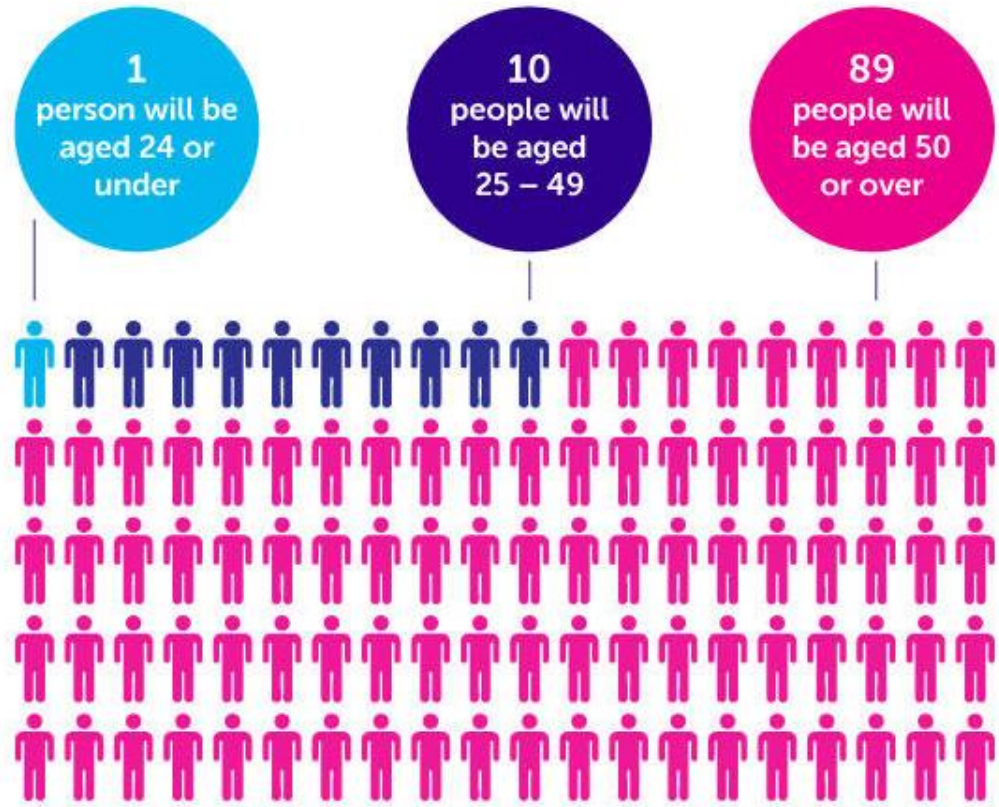
7

TRUE OR FALSE?

Increasing age is the biggest risk factor for developing cancer

CANCER IS MUCH MORE COMMON IN OLDER PEOPLE

For every 100 people diagnosed with cancer:



TRUE!



8

TRUE OR FALSE?

Sugar fuels the growth of cancer tumours – so cancer patients should stop eating sugar!



TRUE OR FALSE?

FALSE

Sugar fuels the growth of cancer tumours – so cancer patients should stop eating sugar!

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**And
the
winner
is....?**