

CANCER RISK ACTIVITY

Of the **billions** of dollars spent on cancer research each year in the US, a “pitifully small” proportion is directed toward cancer prevention. However, according to the Harvard Report on Cancer Prevention, 1/3 of cancers are diet-related and preventable. Of the other 67%, an unknown number could have been prevented -- or delayed – by an “anti-cancer lifestyle.” Researchers have identified five steps toward an Anti-Cancer lifestyle to help individuals attain the best odds at avoiding cancer:

- 1) avoid risk factors/carcinogens
- 2) avoid an unhealthy diet
- 3) exercise
- 4) take a multi-vitamin
- 5) eat “superfoods”

The intent of this Activity is to assist each person in identifying their own personal habits that increase risk of cancer and replace unhealthy habits in order to develop an “anti-cancer lifestyle.”

Assess yourself the indicated amount for each of the following during the month of October:

Application of hair dye	1.00
Sun exposure without sunscreen	1.00
Daily use of aerosols	1.00
Daily/regular use of talc-based products (powders,etc)	1.00
Did not perform breast-self exam this month	2.50
Remember, men get breast cancer, too!	
Mammogram overdue by more than 1 month	2.50
Pap smear overdue by more than 1 month	2.50
Recommended prostate check overdue by more than 1 month	2.50
Colonoscopy overdue by more than 1 month	2.50
Ignoring lump in breast or other location	2.50
Ignoring change in mole or skin lesion	2.50
Ignoring bleeding from rectum or other site	2.50
Ignoring a sore that does not heal	2.50

Total the items above at the end of the month, add to the total on the next 2 pages, and submit the total amount for your cancer risk-increasing behaviors to the Grand Chapter. Mark “Cancer fund” on the memo line.

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Instructions: Each day in October, cross off a number for each serving of fresh fruit and vegetables you eat. Cross off “exercised” if you exercised for 30 minutes or more that day. At the end of the day, cross off: “did not feel stressed” if you had a low stress day (by your definition); “only high fiber breads” if all bread and cereal products you ate were whole grain, high fiber; “fat intake < (less than) 35 grams” and “fiber intake > (more than) 25 grams” if your food intake fell within these guidelines; “no processed meats” (sausage, hot dogs, etc), “no fried foods,” and “no microwaved food” if you did not eat any of these foods; and “≤ 2 alcoholic drinks” if you had 2 or less drinks (beer counts double).

At the end of the month, for each item NOT crossed off (other than “exercised”), assess yourself 10 cents per item. For each week that you exercised only 2 days, assess yourself 10 cents; if you exercised only 1 day, assess yourself 20 cents; if you did not exercise that week, assess yourself 30 cents. Add you assessments from this page to the assessments from the previous page.

			1 Exercised Did not feel stressed Fresh veggies 1 2 3 4 5 Fresh fruit 1 2 3 Only high fiber breads fat intake < 35 grams fiber intake >25 grams no fried foods no processed meats no microwaved food ≤ 2 alcoholic drinks	2 Exercised Did not feel stressed Fresh veggies 1 2 3 4 5 Fresh fruit 1 2 3 Only high fiber breads fat intake < 35 grams fiber intake >25 grams no fried foods no processed meats no microwaved food ≤ 2 alcoholic drinks	3 Exercised Did not feel stressed Fresh veggies 1 2 3 4 5 Fresh fruit 1 2 3 Only high fiber breads fat intake < 35 grams fiber intake >25 grams no fried foods no processed meats no microwaved food ≤ 2 alcoholic drinks	4 Exercised Did not feel stressed Fresh veggies 1 2 3 4 5 Fresh fruit 1 2 3 Only high fiber breads fat intake < 35 grams fiber intake >25 grams no fried foods no processed meats no microwaved food ≤ 2 alcoholic drinks
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