

Cancer



Risk Factors:

- **Age**
- **Genetics**
- **Race/ethnicity**
- **Sex**
- **Overweight/obesity**
About 40% of diagnosed cancers are associated with overweight and obesity.
- **UV light exposure**
Skin cancer is the most common cancer in the US and is caused by UV lights from the sun or tanning beds.
- **Smoking and secondhand smoke exposure**
Smoking and secondhand smoke exposure causes 90% of lung cancer deaths in US.
- **Alcohol abuse** Excessive alcohol use increases the risk of breast, liver, colon, rectum, mouth, pharynx, larynx, and esophageal cancer.
- **Infectious diseases** HPV causes cervical cancer, throat cancer and genital cancers.

Cancer consists of a group of diseases caused by uncontrolled growth and spread of abnormal or damaged cells. Cancers are usually named after the initial organs or tissues the cancer has formed from. Currently, there are more than 100 different kinds of cancers.

Facts

- Cancer is the second leading cause of death in the United States.
- Over 1.6 million Americans are diagnosed with cancer and about 600,000 Americans die from cancer per year.
- In 2020, 43% of cancers diagnosed in men were prostate, lung, and colorectal cancer.
- Half of cancers diagnosed in women were breast, lung, and colorectal cancer in 2020.

Prevention

- **Quit smoking and avoid exposure to secondhand smoke.**
- **Protect your skin from UV light exposure**
Use sunscreen when spending time in direct sunlight and avoid tanning beds.
- **Maintain a healthy diet**

For more information and data go to www.SDHealthStatistics.com

Community Health Statistics Unit:
619-692-6667

- **Exercise regularly**
- **Early detection/screenings**
 - **Colonoscopies:** routine screenings beginning at age 45 or 50
 - **Mammograms:** routine screening beginning at age 45, with the option to begin at age 40
 - **Pap smear tests:** routine tests starting at age 21
- **Get vaccinated**
HPV vaccine can prevent HPV-related cancers.

Resources

American Cancer Society
www.cancer.org

For help to quit smoking in San Diego County:
1-800-NO-BUTTS

