

Our Mission

To eliminate the preventable causes of cancer.

Our Goals

- Create a national movement for cancer prevention.
- Entrench use of the precautionary principle.
- Devote more funds to primary prevention (from the current 2%), and act on what we know prevents cancer.
- Improve regulations and policies to end environmental and workplace exposure to carcinogens.
- Support individuals — especially marginalized groups — communities, businesses and governments to reduce or eliminate cancer-causing exposures.

What We Do

- Promote legislative and policy reforms.
- Run focused campaigns.
- Conduct public education.
- Promote member and group development and activities.

Support Prevent Cancer Now!

Donate to our work in education, advocacy and the promotion of prevention research.

Please visit us at
www.PreventCancerNow.ca

Click on “Donate Now”

JOIN US IN MAKING CANCER PREVENTION A PRIORITY!

Prevent Cancer Now does not accept that Canada’s epidemic rates of cancer are the price we must pay for modern living. We are no longer prepared to accept that cancer has become a recognized disease of childhood; that our loved ones must stoically accept brutal cancer treatments while awaiting an uncertain fate; that our young people are losing out on the best years of their lives through increasing rates of cancer; and that workers in many occupations are dying in order to make a living.

We now know that most cancers are preventable. To focus on treatment and ‘the cure’ for cancer is good and necessary. To focus on eliminating the root causes of cancer is better, so that we can end the scourge of this preventable disease.

WHAT CAN YOU DO TO HELP PREVENT CANCER NOW?

Go to our website and:

- Make a donation to support our work.
- Sign our Cancer Prevention Declaration (under “Issues and Action”).
- Join us! Become a member of PCN.
- Volunteer your time.
- Sign up for our informative newsletter, An Ounce.

Tel: (613) 755-0110
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PREVENT
CANCER

NOW



Chris Pollack, Istockphoto

A Canada-wide
Movement to
Eliminate the
Preventable
Causes of Cancer

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Why Cancer Prevention? Because it Works!

This year, nearly 174,000 Canadians will be diagnosed with cancer. Almost half of them (44%) will die from it. They are our mothers, brothers, best friends, daughters, sons, grandfathers, co-workers, and neighbours. They're young and old, male and female, rich and poor — of every race, colour, and creed.

The economic cost of cancer is immense. The physical and emotional burden simply can't be counted, both for patients and their loved ones.

But we have good news! Up to two-thirds, and possibly MOST cancers can be prevented.

If we take bold action for prevention:

- *Thousands of Canadians will never hear the dreaded words, "You have cancer."*
- *Thousands more will not suffer the brutality of cancer treatment.*

Prevent Cancer Now is working to:

- Spread awareness on what people can do NOW to prevent cancer.
- Ban asbestos, lawn pesticides, incineration and other sources of carcinogens in consumer products.
- Support a "green chemistry" plan — replacing harmful chemicals with safer ones in products and processes.
- Promote an organic nation — replace the current petroleum-based, chemical system with organic agriculture.
- Support renewable energy — replace coal, petroleum and nuclear-based power with more sustainable sources.

You CAN Prevent Cancer Now

Cancer often takes a very long time to develop, but exposure to cancer causing substances begins before birth. Expectant mothers, children and teenagers are more susceptible to damage from environmental carcinogens and chemicals that disrupt our hormones.

To protect yourself from getting cancer, or a recurrence, choose foods, house and garden products, play spaces, toys, medicines and medical tests that will minimize your exposure to toxins. Build up your body's natural protective systems to fight off cancer.

For more information, go to our website.

Eat a plant-based, organic diet

Choose more: locally grown organic fruits, vegetables and beans, whole grains and wild fish. Drink filtered water.

Consume less: meat and dairy, processed foods (refined sugar and grains), alcohol (no more than one drink per day for women or two per day for men).

Promote affordable organic foods through community gardens, co-ops and advocacy.

Be physically active

Physical activity helps maintain a healthy body weight and reduces levels of stress, both of which reduce our risk of cancer.

Adults: Get at least 30 minutes of moderate to vigorous physical activity 3-5 days a week.

Children and adolescents: Play at moderate to vigorous sports at least 60 minutes a day, 5 days a week or more.

Be a cancer smart consumer!

Avoid products that contain known or possible carcinogens.

Personal care products: Avoid creams, sunscreens and other products containing methyl and butyl paraben, acrylamide and formaldehyde. See our website for an expanded list of ingredients.

Cleaning products: Replace anything marked with a skull and crossbones with vinegar, baking soda and salt. They work just as well, and are much cheaper!

Cooking and Storing Food: Use stainless steel or glass containers and cookware. Throw out old or scratched Teflon and never microwave or store food in plastic containers.

Pesticides: Just don't use them! There are plenty of good natural alternatives. If you don't already have one, work for a pesticide by-law in your community.

Avoid Radiation

Cancer-causing radiation is all around us, but can be reduced.

Cell and cordless phones: Invest in a headset for your cell phone, and keep calls brief or text message. Children should not use cell phones at all. Cordless phones are just as bad. Stick with the corded variety.

Medical radiation: Question your doctor and dentist to be sure that x-rays, CT scans and other tests are absolutely necessary.

Make a Difference

Learn more about how to prevent cancer. Join PCN! Check out our website for ideas on how to advocate for action on prevention. Help leave a healthy legacy for our children.