## Most cancers related to the way we live mouth, throat, esophagus and larnyx cancers. And, when combined with smoking, the risk is increased great-

, Q. Is there any way to reduce the risk of getting cancer? A. The National Cancer Institute (NCI) thinks there is. They estimate that up to 60 percent of all cancers may be related to the way we like (things we can control) rather than forces beyond our control, such as heredity.

NCI recommends focusing on seven areas to reduce potential risk. They are tobacco, diet, alcohol, radiation, occupational exposure, estrogen and viruses.

Cancer risk faries:

Cancer risk factors can usually be classified as:

classified as:

• Initiators — cause cell damage that may start or "initiate" the cancer process. Radiation is an example of an initiator.

• Promoters — advance the can-

cer process in already damaged cells. Alcohol is a good example of a



TOBACCO: It's classified as both an initiator and a promoter. Approximately 80 percent of all cancer deaths can be attributed to tobacco use. The risk of fatal lung cancer is 25 times greater for a smoker than a non-smoker.

The greatest risk from tobacco is cigarette smoking, but other forms, such as chewing tobacco and dipping smul increase the risk of mouth and throat cancer significantly.

DIET; Studies have associated the typical American high-fat, low-fiber diet with a greater risk of colon, protate, gland and breast cancer. Estimates link 35 percent of carcer deaths to diet. Why the association between a poor diet and cancer exists, and how strong the association between the two is, are unclear.

ALCOHOL: Excessive alcohol onsumption is associated with liver,

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RADIATION: X-rays and sunlight RADIATION: X-rays and sunlight are two cancer-producing sources of radiation. Prolonged exposure to sunlight accounts for approximately 90 percent of the over 500,000 annually diagnosed cases of non-melanona skin cancer.

All x-rays abould be discussed with the doctor or dentist to ensure that unnecessary x-rays are avoided.

OCCUPATION EXPOSURE: It is stimated that about 4 percent of



The Doll Hospital & Tog Soldier Shop 3947 W. 12 Mile • Berkley • 543-3115 Mon.-Sat. 10-5; Th. & Fri. til 7 cancers are associated with chemi-cals, dyes, metals, dust and fibers found in the workplace. As many as 2,000 industrial chemicals may pose a cancer risk

2,000 industrial enemicals may pro-a cancer risk. When individuals are exposed to multiple risk factors — such as ciga-rettle smoking and asbestos exposure — the risk factor increases dramati-cally more than exposure to just one side factor.

cally more than exposure to just one risk factor. ESTROGEN: The two most fre-quent uses of natural and synthetic estrogen are in hormone replace-ment therapy in postmenopausal women and in birth control pills. High doses of estrogen in post-

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Oral contraceptives may actually offer some limited protection against cancer of the ovaries or lining of the uterus. Each case must be individually determined.

The Consumer Mailbag answers your question. Address mail to The Consumer Mailbag, Concern Detroit, One Kennedy Square, 4th Floor, Detroit, 48226.

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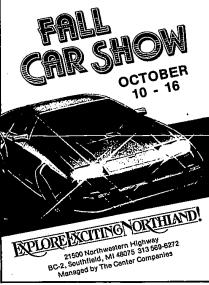
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