

Preventing Cancer

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Today we are going to talk about that dreaded disease called cancer.

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What would it be like if doctors announced a new miracle pill that could protect 8 out of 10 people from ever getting cancer? People would travel for long distances, and wait many hours just for a chance to get it.

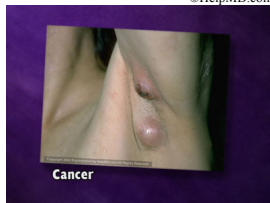
Of course no such pill exists, but there is something just as effective.

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Today you will learn the good news about cancer—it can be prevented!

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Cancer is a tumor or lump that grows and may keep growing until it causes death. Some people who get cancer recover with treatment, but many do not.



This problem of cancer is not only in your country or village; it affects people all around the world.

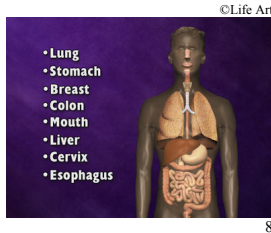


10 million people each year develop cancer,

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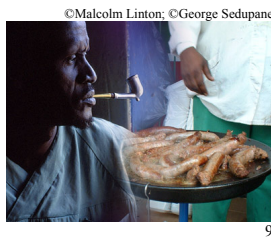
Over 6 million who have the disease will die from it.¹



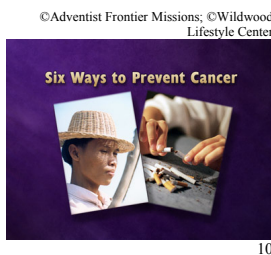
The cancers that people most often die from are:²

- Lung
- Stomach
- Breast
- Colon
- Mouth
- Liver
- Cervix (part of a woman's body necessary to have babies)

and
Esophagus (the pipe that takes our food to the stomach)



We used to think that there was not much you could do about cancer—except maybe to pray that it never happened to you. But today we know that most cancers are caused by the way we live; and so most times they can be **prevented!**



Here are **Six Ways to Prevent Cancer.**



Number 1. Stop cigarette smoking. In fact, don't use tobacco—even chewing tobacco—of any kind.

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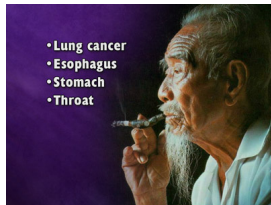
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About one out of three people that die from cancer are people who smoke. Using tobacco hurts our body and causes much cancer.



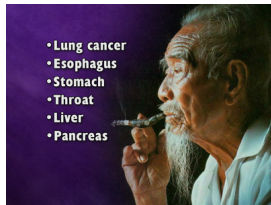
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Many of you have heard that smoking causes lung cancer. But did you know that smoking can also cause cancer...



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...in our esophagus, stomach, throat,



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and even our liver and pancreas?



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In many countries today the people who sell cigarettes and chewing tobacco are spending a lot of money to get people to use tobacco. They know that once a person starts it is not easy to stop. But God is able to help you stop.



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Determine not to be influenced by others who use tobacco; they may think it is smart, but watch how hard they struggle to find money for their habit, or how they struggle when they want to stop.

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Number 2. Do not drink alcohol.

About one out of every ten people who get cancer get it because they drink alcohol.³



When we realize the harmful effects of alcohol upon people and their families, we can only urge—do not drink alcohol **at all**.



Number 3. Avoid too much sun.

Sunlight is good for our bodies and can help prevent cancer. But too much sun is dangerous. Skin cancers are increasing worldwide.

Here are some suggestions to help you enjoy the sunshine but not be hurt by it:



Limit your time in the sun, especially if you have light colored skin. Sunburn is dangerous. Remember, the sun in the middle of the day is the most dangerous.



Wear a hat and clothing to protect your arms and body. An umbrella can also help.



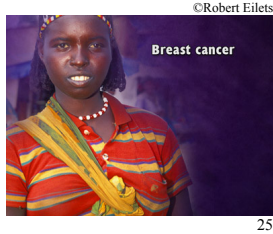
Choose your food from plants like grains, fruits, and vegetables. These foods can help protect our bodies from cancer. Foods from animals have lots of bad fat that encourages skin cancer.

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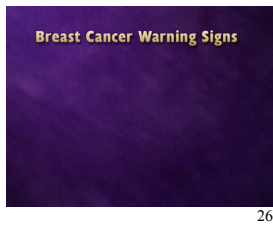


Number 4. Avoid taking hormones if possible.

Hormones are sometimes given to women to help them after they have stopped having children. But today we know medicines with estrogen can cause breast cancer and cancer of the uterus - the part where a baby grows.



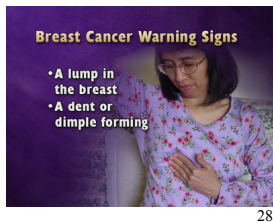
Cancer of the breast is common in women, and is always dangerous. Successful treatment depends on spotting the first sign of possible cancer and getting medical care soon. Surgery is needed, and women who have the surgery early are usually free from the cancer to live a happy, normal life again.



Here are some important signs of breast cancer:⁴



A lump in the breast, especially if it is new or growing



A dent or dimple forming



Painless lymph nodes growing in the armpit

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Number 5. Get regular physical exercise. People who sit a lot and do not work physically get more cancer.⁵ We should get some kind of physical exercise every day. This can include walking, gardening, carrying water or even running.



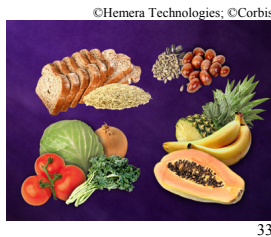
Every day try to get at least 30 minutes of good exercise.



Number 6. Eat a Good Diet

This is so important. Most cancers could be prevented if we improved our diet.⁶ Some doctors estimate that with the **best** diet, we could see 7 out of 10 cancers prevented.

If you were to ask the people who study why we get cancer, what we can do to prevent this disease, here is what they would tell you.



Choose most of the foods you eat from **plant** sources. This means grains, fruits, vegetables, and nuts.



Fruits and vegetables protect the body from cancer.⁷ Especially good against cancer are green and dark yellow vegetables, soybeans and legumes, and those vegetables in the cabbage family.

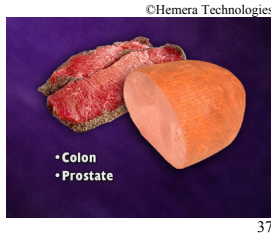


Today in many cities we find new kinds of foods that are not the same as our simple traditional foods. Many of these new foods look good and are sold in a modern building. But most of them are high fat foods, the very kind that we now know has a part in causing cancers of.⁸

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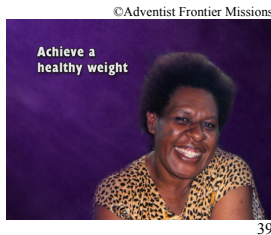
- Colon
- Prostate (in men)
- Uterus (where the baby grows)
- **and Breast**



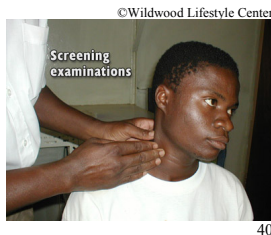
Eating meat is now shown to increase the chance of getting cancer of the colon and prostate.⁹



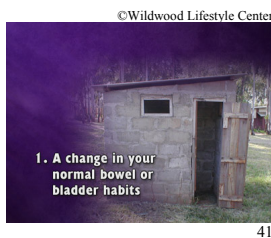
People who eat a lot of fruits, grains and vegetables have the least amount of cancer, only half as much as those who often eat meat, and eat little fruits and vegetables.



Did you know that people who are overweight get cancer more often? Whenever people move to the cities and start eating at fast food places or eating more refined foods and don't do much exercise, they usually gain weight. A healthy plant-based diet and regular exercise will largely prevent this problem.

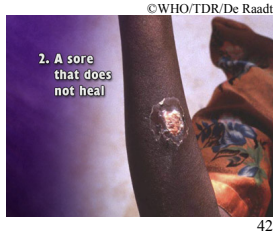


Remember, the best “cure” for cancer is **prevention!** But early discovery and treatment of cancer is important and may help overcome the disease. So whenever you can, be sure to take part in screening examinations and learn the **seven** possible warning signs for cancer.¹⁰

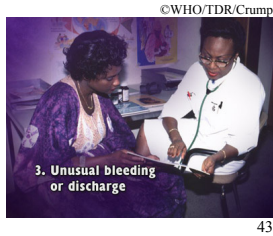


1. A change in your normal bowel or bladder habits

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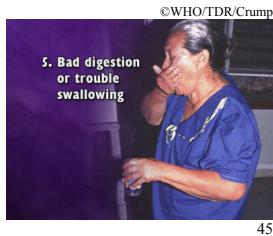
2. A sore that does not heal



3. Unusual bleeding or discharge



4. Thickening or lump in the breast or somewhere else



5. Bad digestions or trouble swallowing



6. Noticeable changes in a wart or mole



7. Nagging cough or persistent hoarseness

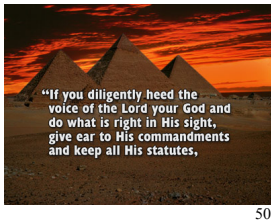
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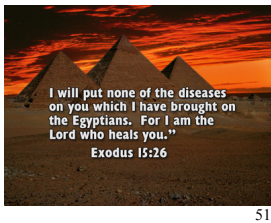
Why not enjoy the peace of knowing you've done all you can to give you and your family the maximum protection against this dreaded disease.



Centuries ago, God taught the Israelite nation how to prevent disease. The key would be in following a **healthy diet and lifestyle**. He said:



“If you diligently heed the voice of the Lord your God and do what is right in His sight, give ear to His commandments and keep all His statutes,”



“I will put none of the diseases on you which I have brought on the Egyptians. For I am the Lord who heals you.” Exodus 15:26 NKJV



God never intended that people get cancer. Now we know that if we live the best way and eat the most healthful foods we can help avoid cancer, and live a healthier, happier life.

¹ WHO, World Health Report 1997 - executive summary - Conquering suffering, enriching humanity; by Website: <http://www.who.int/whr/1997/exsum97e.htm>

² WHO, Ibid.

³ Schatzkin A, et al. N Engl J Med 1987 May 7;316(19):1169-1173.

⁴ Werner, D. *Where There Is No doctor*, The Hesperian Foundation, 1999 p. 279

⁵ Neil Nedley, *Proof Positive* 1999, p.44

⁶ ACS, *Cancer Facts & Figures* 1999, p.29

⁷ Ibid.

⁸ Ibid.

⁹ Ibid.

¹⁰ American Cancer Society, *Seven Warning Signals of Cancer*.