**Activity 3: Risk factors for cancer answers**

* Complete the tables to show the types of cancer caused by each risk factor.
* Add how to reduce the risk.

**Genetic factors**

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| **Risk factor** | **Type of cancer** | **How to reduce risk** |
| Inherited mutations | Breast, acute myeloid leukaemia (AML) | Can’t be controlled, but genetic testing can help assess risk. |

**Lifestyle factors**

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| **Risk factor** | **Type of cancer** | **How to reduce risk** |
| Smoking | Lung, mouth, throat, acute myeloid leukaemia (AML) | Avoid smoking and exposure to second-hand smoke. |
| Excessive alcohol consumption | Liver | Limit alcohol intake. |

**Environmental factors**

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| **Risk factor** | **Type of cancer** | **How to reduce risk** |
| Iodine deficiency | Thyroid cancer (TC) | Ensure adequate iodine intake through diet or supplements. |
| UV radiation | Skin | Protect the skin by wearing sunscreen, covering up, seeking shade and avoiding tanning beds. |
| Asbestos exposure | Lung | Avoid exposure to asbestos in homes or workplaces by following safety guidelines during renovations and ensuring proper handling and removal by professionals. |
| HPV virus | Cervical, some types of throat | Get vaccinated against HPV and practise safe sex. |

**Biological factors**

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| **Risk factor** | **Type of cancer** | **How to reduce risk** |
| *Helicobacter pylori* infection | Stomach, non-Hodgkin lymphoma (NHL), oesophageal | Treat *Helicobacter pylori* infections with appropriate antibiotics. |