



# CANCER

## Check-up for Prevention

### Chronic diseases

Diseases such as cancer, heart disease, diabetes, lung disease and kidney disease are called “chronic” diseases. Chronic means that these diseases are usually slow-developing and long-lasting. The opposite are “acute” diseases, which usually develop quickly and progress quickly—such as colds or flu.

There are many connections between these diseases. The connections are risk factors—facts about the way we live that increase or decrease our risk of getting sick.

Risk factors that can lead to chronic disease are physical inactivity, smoking, overweight and obesity, unhealthy eating and alcohol use. Inuit are more likely to experience poorer health, including higher rates of many chronic conditions, than the general Canadian population.

### Choosing wellness

Staying healthy and preventing chronic disease starts with eating well, getting exercise, staying connected to friends and family, and maintaining a healthy weight. Protecting yourself from environmental contaminants and harmful substances such as commercial tobacco and alcohol also have a big effect on reducing your risk of getting sick.

Your community health team can help you to stay healthy. They have useful information on preventing illness, and can help catch and treat small problems before they turn into big problems.



# Assess Your Cancer Risk

## MyCancerIQ

MyCancerIQ is an online tool to help you assess your cancer risk for developing breast, cervical, colorectal, lung, kidney and melanoma cancer. MyCancerIQ website is available on your desktop, tablet and mobile device so you can learn how to start reducing your cancer risk wherever you are.

Learn more at [MyCancerIQ.ca](http://MyCancerIQ.ca)

