

Public Service Announcement

Make healthy choices to reduce risks of cancer

Start Date: November 18, 2016 End Date: November 30, 2016 Nunavut

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The Department of Health is encouraging Nunavummiut to reduce their risk of cancer by making healthy choices. We can work towards healthy living by exercising, eating well, quitting tobacco and reducing alcohol use. Quitting tobacco can greatly reduce the chances of developing a variety of diseases, including cancer.

Nunavut has among the highest incidence of lung cancer in the world. Thirty per cent of all cancer deaths in Canada are caused by smoking. Colorectal cancer is the second leading cancer in Nunavut. Drinking alcohol increases the risk of colorectal and breast cancer, and the more alcohol you drink, the greater your risk of developing cancer.

Some cancers can be prevented through the human papilloma virus (HPV) vaccine. The vaccine is available and free for all grade 6 girls in Nunavut. If your daughter is in grade 6 or older, ask your health nurse about this vaccine.

For more information on how to detect cancer early, ask your health care provider.

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