



Indiana
Department
of
Health



Chronicle of Indiana Cancer Control

February 2023

Cancer Prevention Month

There is no sure way to prevent cancer, but you can help reduce your risk by making healthy choices like eating right, staying active, and not smoking.¹

¹ <https://www.cancer.org/cancer/risk-prevention.html>

Cancer Causes

Understanding the causes of cancer and how your genetics play a role in your risk for cancer is important to make actionable changes toward prevention.

- What is a risk factor? A risk factor is something that raises the chance of getting a disease. Each cancer has its own risk factors. Having risk factors does not mean that someone will get cancer. Even when a person with a risk factor is found to have cancer, there's no way to prove that the risk factor caused the cancer.²
- Can stress cause cancer? Researchers have done many studies to see if there's a link between personality, attitude, stress, and cancer. It's known that stress affects the immune system, but so do many other things. At this time, there is no clear evidence that a person's stress level affects their risk of getting cancer.²
- Does sugar feed cancer? Sugar intake has not been shown to increase the risk of getting cancer, having cancer spread, or having it get worse. Still, sugars and sugar-sweetened drinks add a lot of calories to the diet and can cause weight gain, which is linked to cancer.²
- How do genetics effect my risk of cancer? Some types of cancer run in certain families, but most cancers are not clearly linked to the genes we inherit from our parents. Gene changes that start in a single cell over the course of a person's life cause most cancers.³

² <https://www.cancer.org/cancer/risk-prevention/understanding-cancer-risk/questions.html>

³ <https://www.cancer.org/cancer/risk-prevention/genetics.html>

Ways to Lower Your Risk

1. Stay away from tobacco
2. Eat healthy and stay active
3. Practice sun safety
4. Protect against human papillomavirus (HPV)



Resources for Indiana Residents

- [Indiana Tobacco Prevention and Cessation](#): Here you'll find free tools for quitting tobacco, information on Indiana's smoke-free communities, and ways to protect Indiana youth and young adult prevention
- [Division of Nutrition and Physical Activity](#): The Indiana Division of Nutrition and Physical Activity (DNPA) provides statewide leadership for healthy eating and active living to help prevent and reduce incidences of overweight, obesity and related chronic diseases for people of all ages
- [Outrun the Sun](#): Outrun the Sun, Inc. (OTS) is dedicated to building awareness of melanoma and other skin cancers, educating communities about preventive measures that reduce melanoma's incidence rate, and raising funds for melanoma research, leading to effective treatments and a cure
- [HPV Vaccine](#): Per the recommendations of the CDC, the HPV vaccine is recommended for routine vaccination at age 11 or 12 years (vaccination can be started at age 9)

To **promote**, **protect**, and **improve** the health and safety of all Hoosiers

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