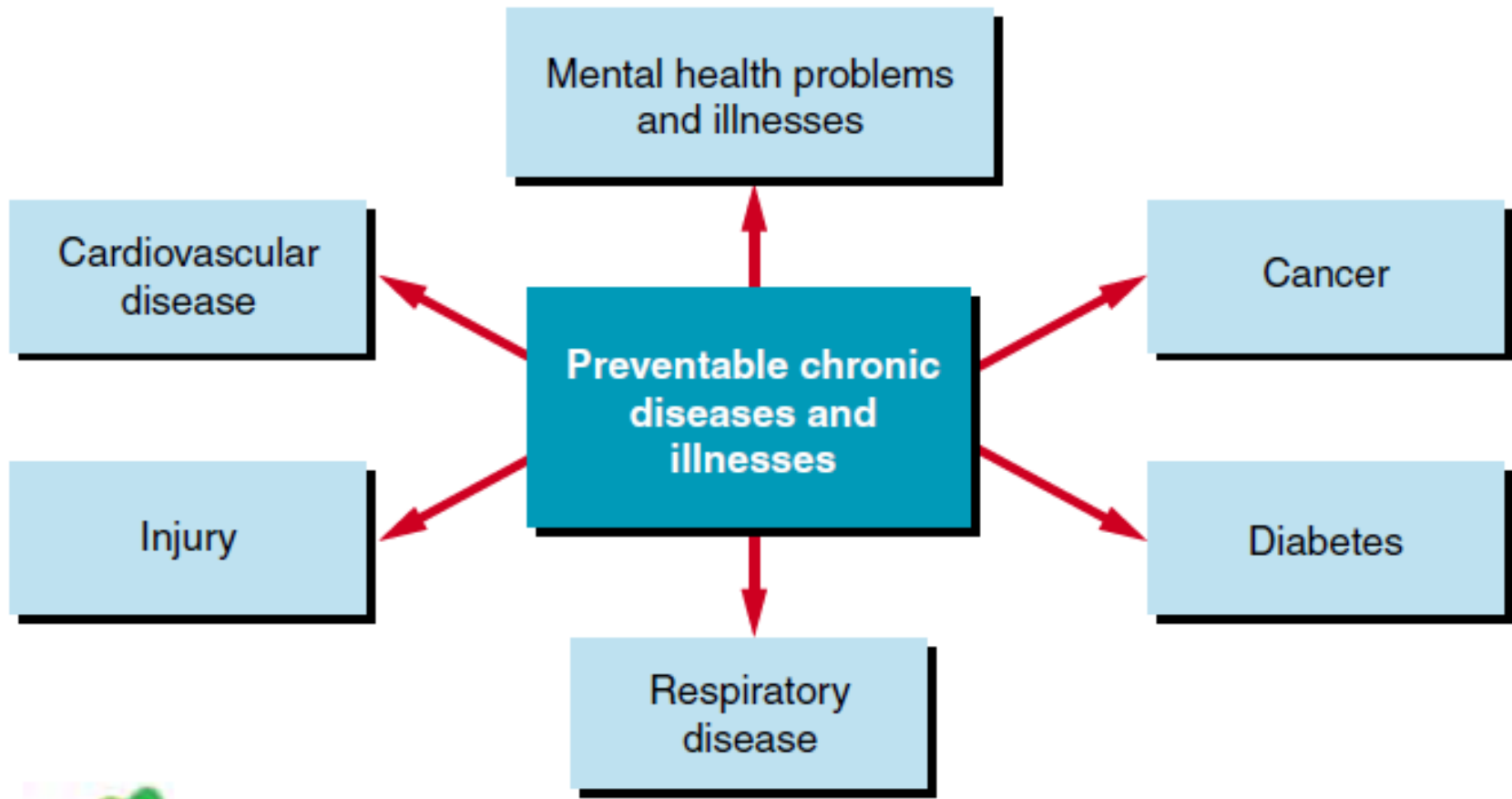


# High levels of preventable chronic disease, injury and mental health problems

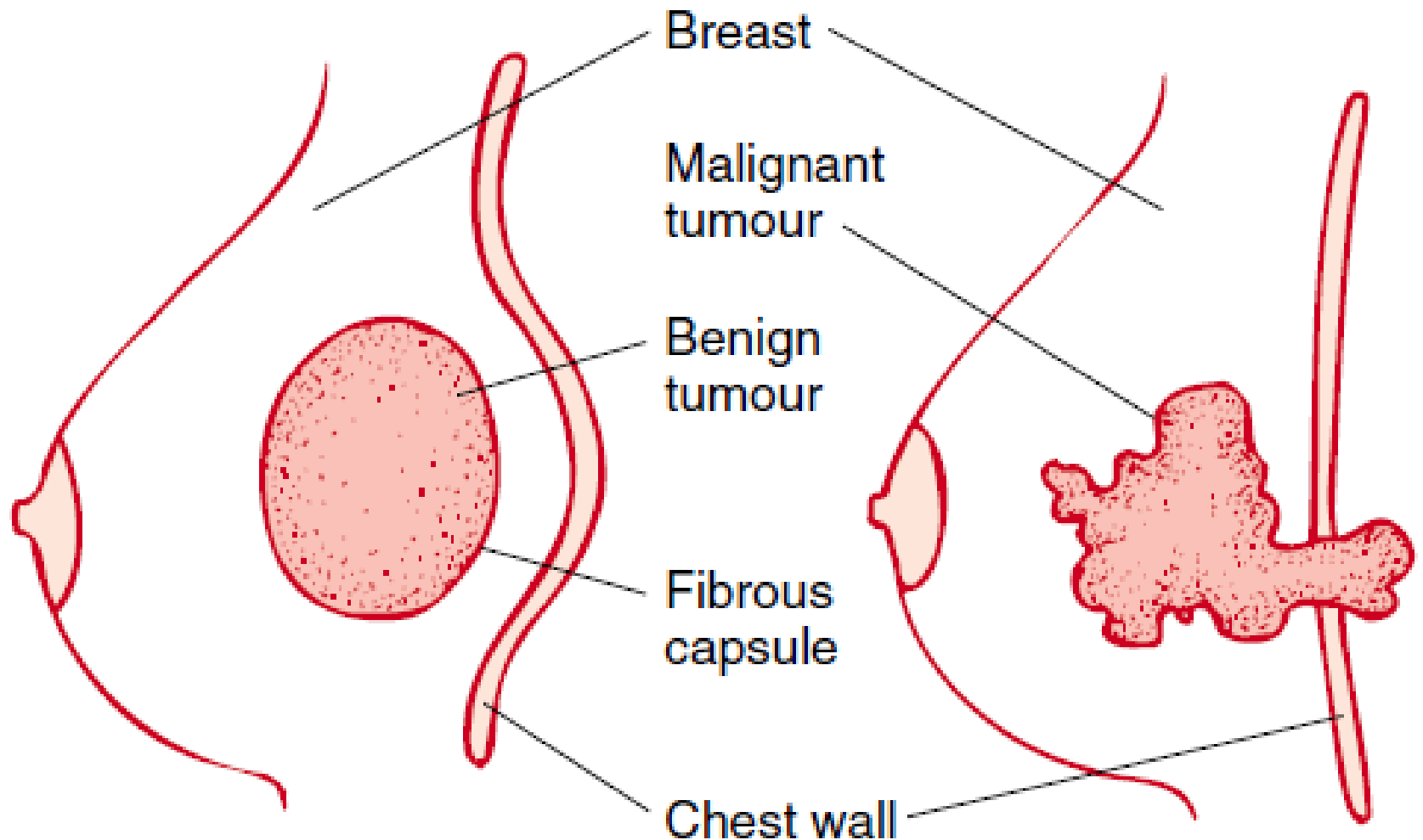


# Cancer

## The nature of the problem

- **Cancer** refers to a large group of diseases that are characterised by the uncontrolled growth and spread of abnormal cells. We are looking in particular at skin, breast and lung.
- This can lead to the development of a tumour which can be either:
- Benign – doesn't spread ie not cancerous.
- Malignant – can spread ie are cancerous.

# Figure 2.14: Malignant and benign tumours in the breast



# Cancer

## Extent of the problem (trends)

<https://m.youtube.com/watch?v=Q7K3uDva6yw> True Cost of Cancer (10 mins)

- Approx 30% of deaths are due to cancer
- Cancer overall is increasing in incidence (due to ageing population, better detection & technology, better reporting of cancer by health workers)
- Most common cancers in Australia are non-melanoma skin cancers
- The most frequently occurring life-threatening cancers include:
  - prostate cancer, colorectal cancer, melanoma and lung cancer in men
  - breast cancer, colorectal cancer, melanoma and lung cancer in women.

# Cancer

## Extent of the problem (trends)

- Lung Cancer: Overall mortality is decreasing (faster for men than women), morbidity rates are decreasing for men but increasing for women.
- Skin Cancer: Mortality and morbidity rates are both increasing
- Breast Cancer: Mortality rates are decreasing and morbidity rates are increasing

# Cancer

## Risk factors and protective factors

<http://iview.abc.net.au/programs/catalyst/SC1502H014S00#playing> (Exercise and Cancer 25mins)

- Skin Cancer Risk Factors: fair skin and red hair, high sun exposure, number and type of moles on skin
- Skin Cancer Protective Factors: avoid sun exposure, slip/slop/slap/wrap

# Cancer

## Risk factors and protective factors

- Breast Cancer Risk Factors: family history, early onset of menstruation or late menopause (longer exposure to hormones such as oestrogen and progesterone) , obesity, late age pregnancy or childlessness
- Breast Cancer Protective Factors: self-examinations, regular mammograms over 50, high fruit and veg and low fat diet

# Cancer

## Risk factors and protective factors

- Lung Cancer Risk Factors: smoking, exposure to carcinogenic (cancer causing) chemicals eg asbestos, air pollution
- Lung Cancer Protective Factors: avoid exposure to carcinogens eg tobacco smoke (passive smoking)

# The sociocultural, socioeconomic and environmental determinants

(<https://m.youtube.com/watch?v=k1uHz0LW38U> Close the Gap in ATSI cancer patients (1 min))

**Table 2.3:** The sociocultural, socioeconomic and environmental determinants for cancer

Sociocultural determinants	<ul style="list-style-type: none"> <li>• People with a family history of cancer are more at risk.</li> <li>• The incidence of lung cancer and cervical cancer is higher for Aboriginal and Torres Strait Islander peoples, as they tend to have higher rates of smoking at an earlier age and less access to health services than other Australians.</li> <li>• If your family practises health-promoting behaviours, such as adopting healthy eating habits, the risk of cancer is reduced.</li> </ul>
Socioeconomic determinants	<ul style="list-style-type: none"> <li>• People with a low socioeconomic status or who are unemployed have higher death rates because income can limit health choices, such as purchasing fresh fruit and vegetables.</li> <li>• People in occupations involving repeated exposure to carcinogens, such as asbestos, are more at risk of lung cancer.</li> <li>• People working outdoors, such as lifeguards, are more prone to getting skin cancer.</li> <li>• Those with a low socioeconomic status or who are unemployed have higher death rates as income can limit health choices, such as purchasing fresh fruit and vegetables and using exercise facilities.</li> <li>• People with low education levels are more at risk as poor education is linked to poor health choices and less knowledge about how to access and use health services.</li> </ul>
Environmental determinant	<p>People living in rural and remote areas are more at risk, as they tend to have less access to health information, health services such as Pap smears, and technology, such as breast screening devices.</p>

# Cancer

## Groups at risk

- Lung Cancer: smokers, people exposed to carcinogen
- Skin Cancer: people with fair skin, work outdoors, excessive sun exposure eg sunbaking
- Breast Cancer: women over 50, family history, overweight/obese, early onset menstruation or menopause, women who haven't had a baby