

Lifestyle and cancer recall questions

1. Name three lifestyle factors that can increase the incidence of non-communicable diseases.
2. Write down two diseases each linked with:
Smoking Obesity Alcohol Carcinogens
3. Name one type of carcinogen.
4. What happens to cells to cause cancer?
5. What is a benign tumour?
6. What is a malignant tumour?
7. How can malignant cancers spread to other parts of the body?
8. What are the two types of risk factors for getting cancer?
9. Does having a risk factor definitely mean you will get cancer?

Lifestyle and cancer recall answers

1. Lifestyle, substances in a persons body, substances in the environment.
2. Smoking – lung cancer, cardiovascular disease. Obesity – Type 2 diabetes, liver/bowel/kidney cancer. Alcohol – Liver disease, brain function. Carcinogens – cancer.
3. Ionising radiation
4. Uncontrolled cell growth.
5. Abnormal growth of cells contained in one place.
6. Spread too different parts of the body via the blood stream to form secondary tumours.
7. Through the blood stream.
8. Lifestyle and genetic
9. No but they increase the chance of cancer.