



NATIONAL CENTRE FOR
**FARMER
HEALTH**

Cancer

You can beat it!!



1/24

Sustainable Farm Families™ - The most important aspect of a healthy Australian farm? A healthy farming family

Have the group open their resource kits to this chapter



Cancer

- Cancer today is a real concern in the population today
- Most of our common cancers have a genetically linked (i.e. in your family)
- All have the potential for death and disability
- Most cancers have the potential for 100% cure rate if caught early



In your table groups

Discuss the following question

- What do you believe are the major cancers affecting males and females in rural Australia?

Document your answers on page 10.2
in your resource kit



What is cancer?

- Cancer develops when the information within a cell becomes damaged and causes an abnormal cell to regenerate.
- They can occur anywhere within the body.
- They can develop into a tumor.
- They are either benign or malignant.
- They can spread throughout the body through the blood and lymphatic system.

AC1



NATIONAL CENTRE FOR
**FARMER
HEALTH**

Cancer incidence within the body

Cancer Council of Victoria 2015

- Bowel, breast and prostate cancers are all genetically linked
- Lung has a significant mortality rate
- The top three cancers have a high cure and control rate
- In 2015, 31,628 Victorians were diagnosed with cancer and 10,937 died from cancer



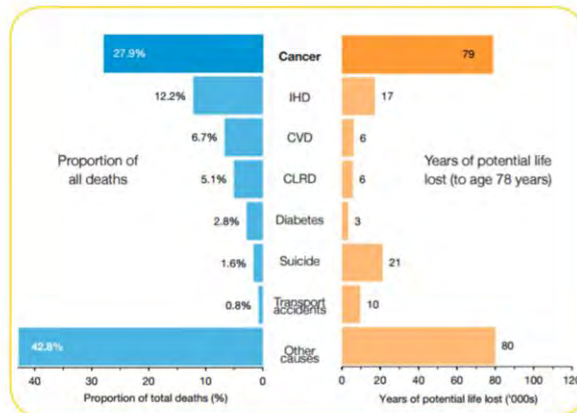
5/24

Sustainable Farm Families™ - The most important aspect of a healthy Australian farm? A healthy farming family

Opportunity to talk about other cancers not covered in the topic



Proportions of death in Victoria 2015



YPLL measures the extent of “premature” mortality, assumed to be any death between 1 and 78 years and is a measure of the relative significance of specific causes of premature death. IHD=Ischaemic heart disease; CVD=Cerebrovascular disease (stroke); CLRD=Chronic lower respiratory disease (asthma and emphysema). Source: Causes of Death, Australia 2015. Australian Bureau of Statistics Cat. No. 3303.0)

Proportions of all deaths and years of potential life lost (YPLL) for each of the leading causes of death, Victoria 2015

Make sure you know how to explain this graph

AC2

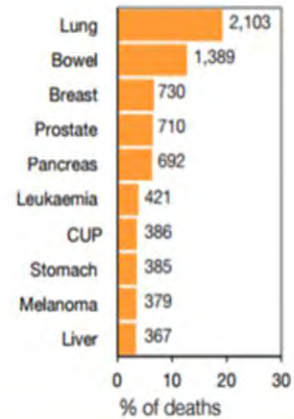
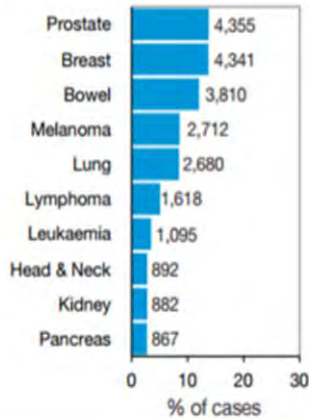


NATIONAL CENTRE FOR
**FARMER
HEALTH**

Cancer incidence within the body

Cancer Council of Victoria 2015

Persons
All cancer
Incidence 31,628
Mortality 10,937



7/24

Sustainable Farm Families™ - The most important aspect of a healthy Australian farm? A healthy farming family

Opportunity to talk about other cancers not covered in the session

Make sure you know this graph and how to explain what it is showing



Cancer incidence and mortality

Cancer Council of Victoria 2015

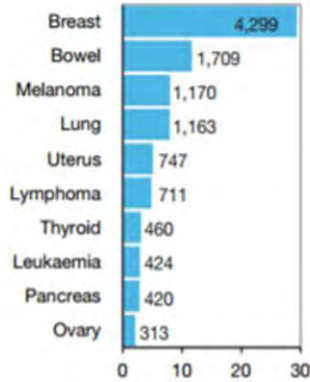
Females

All cancer

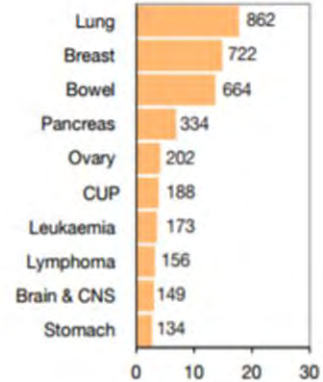
Incidence 14,651

Mortality 4,856

Incidence



Mortality



Make sure you know what this graph is showing and pick an example showing difference between incidence and mortality rate



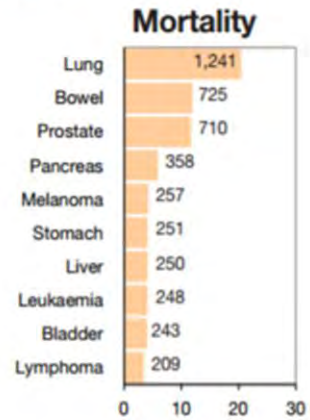
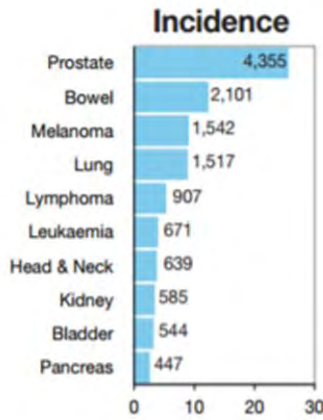
NATIONAL CENTRE FOR
**FARMER
HEALTH**

Cancer incidence and mortality

Cancer Council of Victoria 2015

Males
All cancer

Incidence 16,977
Mortality 6,081



9/24

Sustainable Farm Families™ - The most important aspect of a healthy Australian farm? A healthy farming family

Make sure you know what this graph is showing and pick an example showing difference between incidence and mortality rate

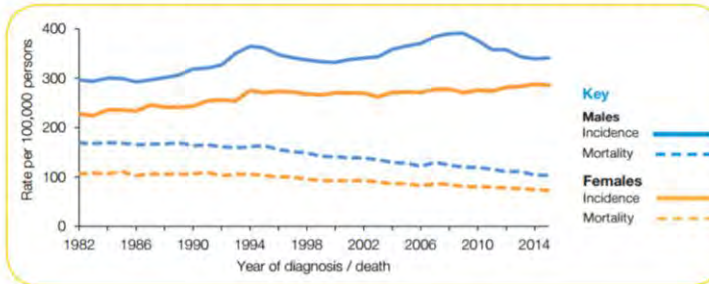


NATIONAL CENTRE FOR
**FARMER
HEALTH**

Cancer incidence in males and females

Cancer Council of Victoria 2015

- Cancer incidence and death rates are higher in males
- The overall rate of cancer deaths are decreasing
- What do we believe are the reasons for this?



10/24

Sustainable Farm Families™ - The most important aspect of a healthy Australian farm? A healthy farming family

Allow group to discuss and share their thoughts on what they may believe are the reasons.



Specific causes of cancers

- A genetic mutation, which means a gene that, has spontaneously changed.
- Lifestyle factors, such as diet and physical activity.
- Exposure to cancer-causing substances.
- A specific gene passed on from parent to child.



In your table groups

Discuss the following question

- What are the major risk factors for cancer in your rural environment?

Document your answers on page 10.2
of your resource kit



NATIONAL CENTRE FOR
**FARMER
HEALTH**

Major recognised risk factors

- Smoking
- Sunlight exposure
- Ageing
- Hormones
- Gender
- Family history
- Chemical exposure
- Radiation exposure
- Physical inactivity
- Viruses



13/24

Sustainable Farm Families™ - The most important aspect of a healthy Australian farm? A healthy farming family



Female cancer risk and waist measurements

Cancer types	Waist circumference (cm)				
	85	90	95	100	105
Postmenopausal breast cancer	17%	25%	32%	41%	50%
Colon cancer	19%	27%	35%	44%	54%
Kidney cancer	23%	33%	43%	55%	68%
Endometrial cancer	36%	54%	73%	95%	120%
Lower oesophagus/ gastric cardia	64%	98%	139%	189%	249%

Make sure you are familiar with this graph and what it means

Male cancer risk and waist measurements

Courtesy of Cancer Council of Victoria 2007

Cancer types	Waist circumference (cm)			
	95	100	105	110
Colon cancer	3%	21%	41%	65%
Aggressive prostate cancer	3%	17%	32%	50%
Kidney cancer	2%	10%	19%	29%
Lower oesophagus/gastric cardia	4%	25%	52%	83%

Make sure you are familiar with this graph and what it means



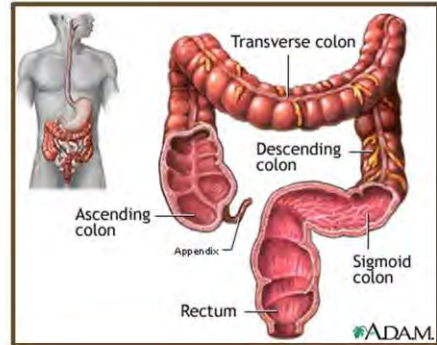
How do we manage cancers?

- Stage it (differentiated or not)
- Biopsy or small segment for assessment is taken
- Look at future options
 - Surgical removal
 - Chemotherapy
 - Radiotherapy
- Combination of the above therapies



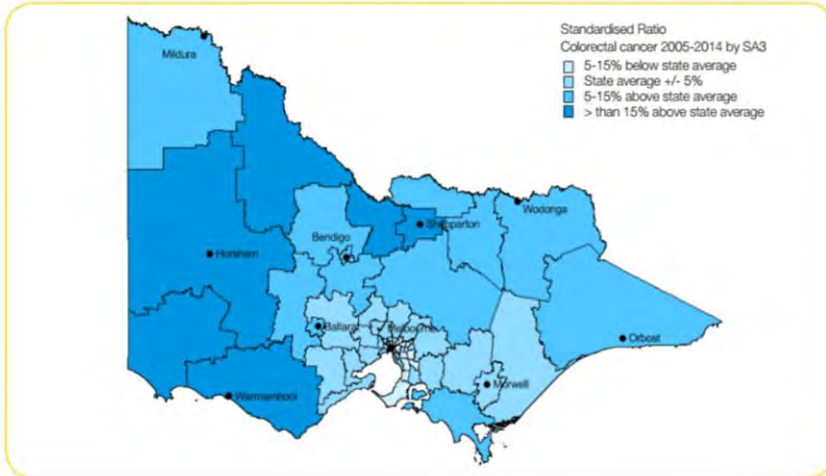
Bowel cancer

- A highly treatable cancer if found early
- Over 3300 new cases in Vic per year www.BetterHealth.vic.gov
- Male and female rates relatively equal
- One of our most common cancers
- Linked to environmental and lifestyle risk factors





Bowel Cancer in Victoria



Source: Victorian Cancer Registry, Cancer Council Victoria 2016



18/24



Bowel cancer risk factors

- Diet high in fats, particularly animal fats
- Low intake of dietary fibre
- Low exercise levels
- Smoking
- High alcohol intake



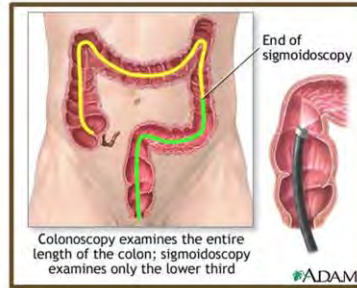
Bowel cancer signs and symptoms

- Alteration in bowel function
- Intermittent diarrhoea and constipation
- A fullness sensation following going to the toilet
- Bleeding from the back passage
- Excessive mucous in the bowel action
- Pain in the abdomen
- Be aware of the genetic link to bowel cancer



Tests and investigations

- Faecal occult blood test (FOBT)
- Sigmoidoscopy
- Colonoscopy
- CT scan
- Virtual colonoscopy



Show the FOBT test – make sure you are familiar on what it involves.
Explain the procedure to the group
Hand the FOBT around



NATIONAL CENTRE FOR
**FARMER
HEALTH**

Bowel cancer testing



Today Show "Bowel cancer" 1999



22/24

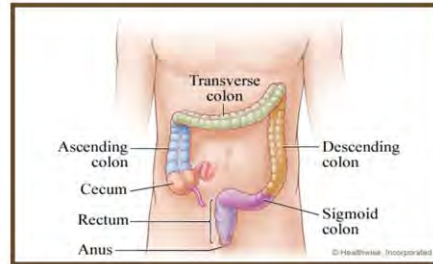
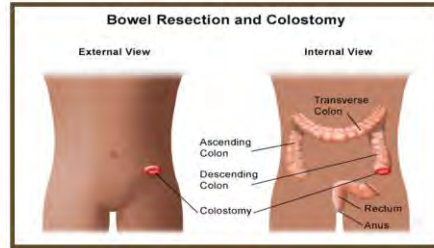
Sustainable Farm Families™ - The most important aspect of a healthy Australian farm? A healthy farming family

After the group has seen the video, show the group the colonoscope and pass it around.



Treatment procedures

- Removal of the diseased section (resection)
- Assessment of segment
- Chemotherapy
- Radiotherapy
- Palliation
- Cure is dependent on the progression of the disease (stage)





Classification for bowel cancer

(Source Cancer Council of Vic 2002)

Class	Case rates	10 Year Survival
Dukes A	88%	87%
Dukes B	70%	75%
Dukes C	43%	40%
Dukes D	9%	8%

24/24



Cancer facts cancer council of Victoria 2008

- Smoking is a positive link to cancer
- Genetic links
- Cruciferous vegetables are preventatives
- Abdominal obesity is now a major link to cancer in men and women
- 22,500 new cases in Vic per year
- 20-30 year progression of skin cancer
- Physical exercise is a key preventative
- Alcohol is now a major concern



In your table groups

Discuss the following questions

- The ways in which farm families can reduce the likelihood of cancer and protect themselves.
- For your own reference, identify your specific risk for cancer and list ways in which you can prevent these.

Document your answers on page 10.16
of your resource kit





In summary

- Find cancer early – participate in screening
- Maintain a healthy weight
- Limit alcohol to recommended levels
- Eat a healthy diet
- Be physically active
- Be sun smart
- Quit and avoid smoking
- One in two men will develop cancer in their lifetime



NATIONAL CENTRE FOR
**FARMER
HEALTH**

Cancer

You can beat it!!



28/24

Sustainable Farm Families™ - The most important aspect of a healthy Australian farm? A healthy farming family

Have the group open their resource kits to this chapter