

HOE OM JOUSELF TEEN KANKER TE BESKERM

Dr Carl Albrecht
Swellendam
14 Maart, 2020

Kennis klop Kanker



Basiese feite oor kanker

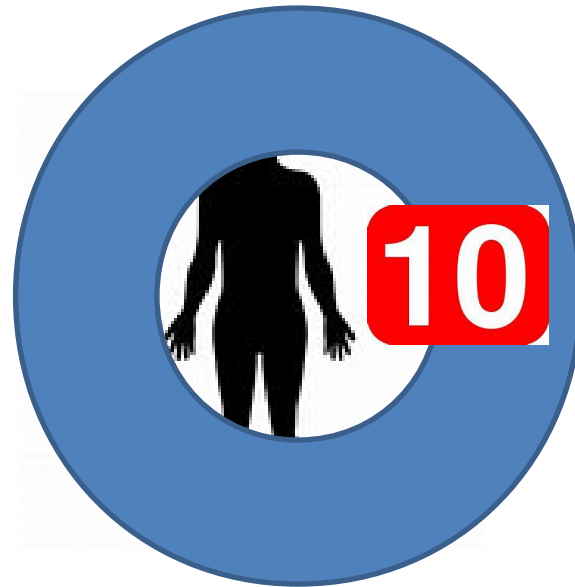
- Kanker is 'n tweevoudige katastrofe:
- 1. Biologies
- 2. Finansieel
- Een uit 4 sal kanker kry
- Kanker hou verband met ouderdom
- 5%-90% sal oorleef
- Kanker risiko kan verlaag word
- Metastase is slegte nuus

Mediese FONSE en kanker

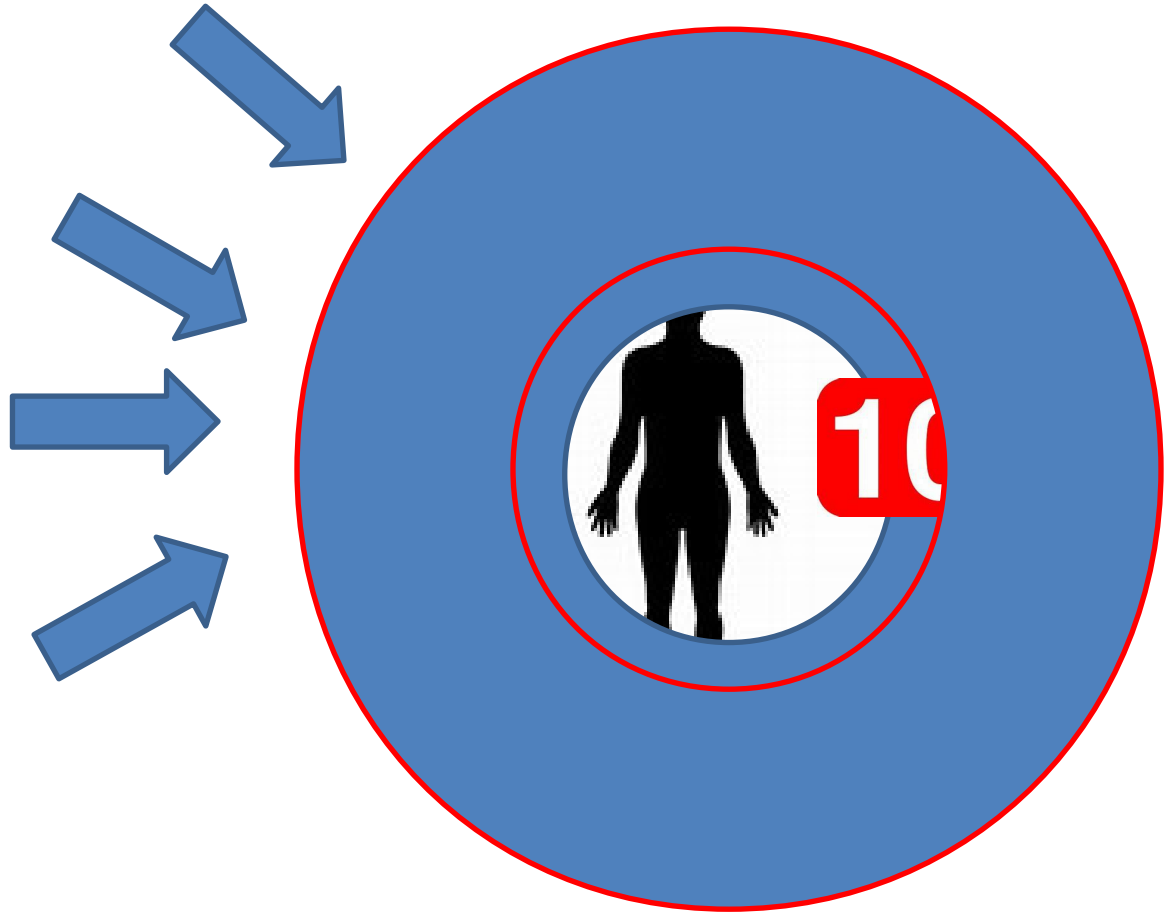
- **Om vir VMV te kwalifiseer, moet:**
- • die kanker slegs aanwesig wees in die orgaan waarin dit ontstaan het;
- • daar geen bewys van metastase na ander organe wees nie; en
- • daar geen permanente en onherstelbare skade wees aan die orgaan waarin dit ontstaan het
- of in enige ander orgaan nie.

Voorkoming is beter as
geneesing

Slegs 10% van kanker is
spontaan
90% word deur omgewing
veroorzaak

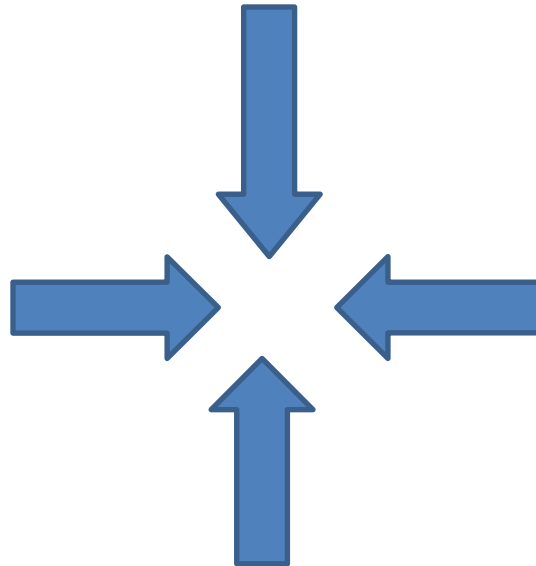


Hoe beskerm ons?



Deur die omgewings faktore
uit te skakel kan ons 90% van
die kanker risiko verminder.

Wat is die omgewings
faktore?



No.1 ROOK -30%

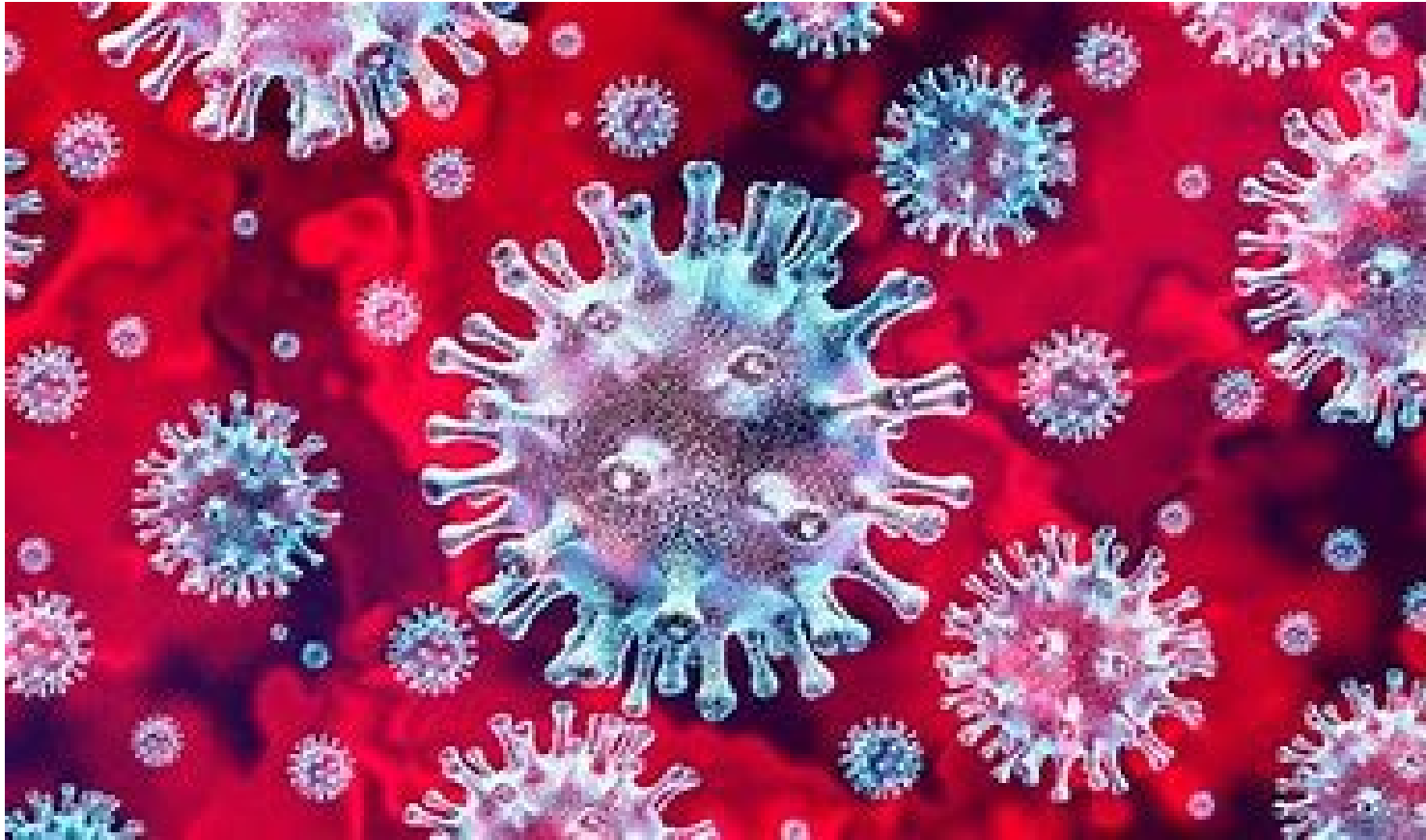






Sien is glo....
Maar voel is die heilige
waarheid

COVID-19

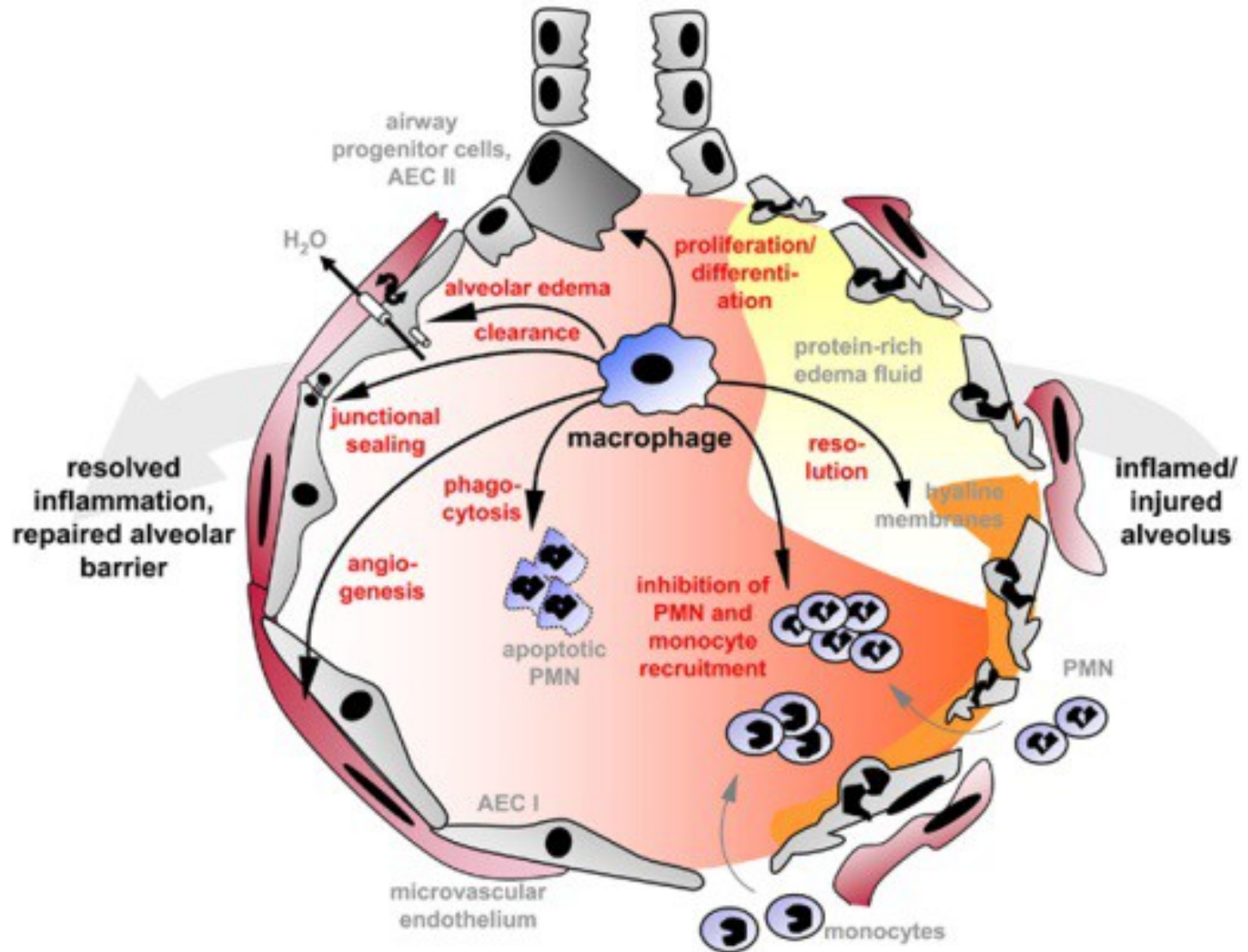


Rook en Corona virus

- Smokers at increased risk of corona virus complications, leading experts warn
- Experts say higher death rates among men could be linked to smoking

It's possible, several experts told *The New York Times*, that because Chinese men are more likely than women to be smokers, they could be hit harder than women. A World Health Organization study from 2019 found that 47.6% of Chinese men smoke, compared to only 1.8% of Chinese women. Women also generally mount stronger immune responses than men.

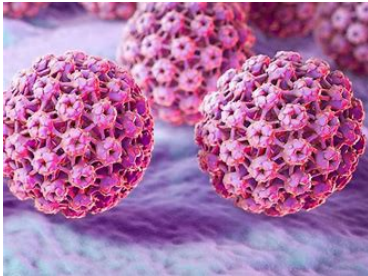
Inflammation in lung



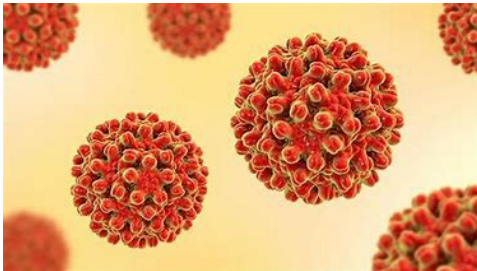
No.2 VRYE SEKS – 20%

- Drie virusse wat kanker kan veroorsaak:

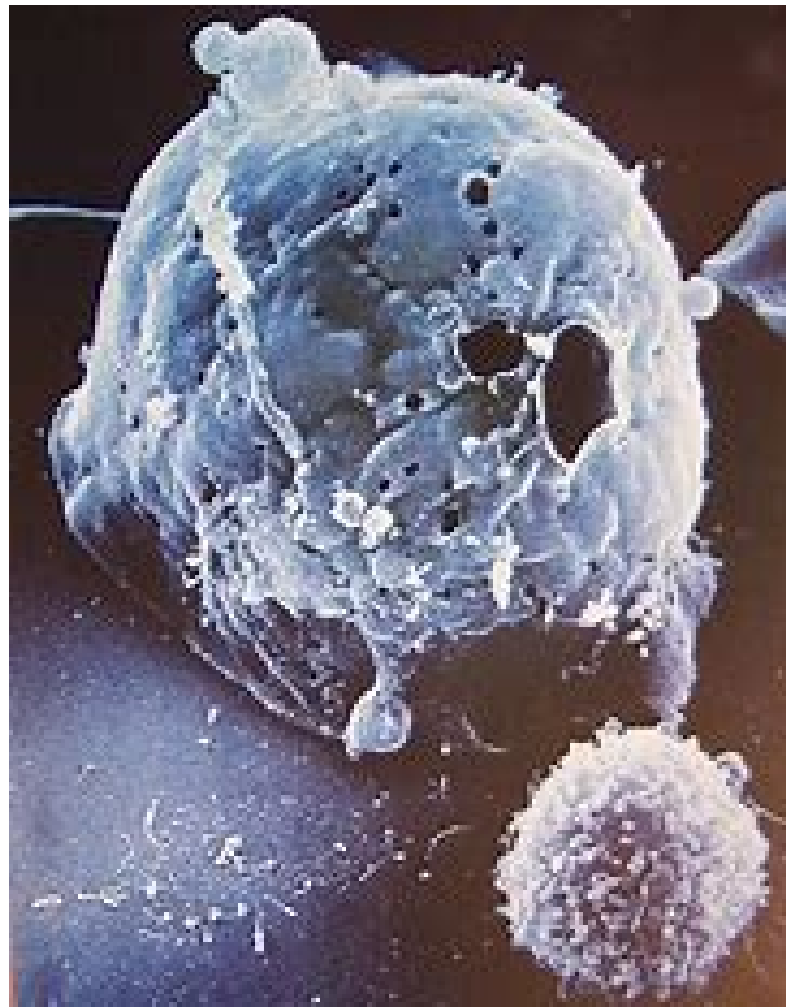
- MPV - Serviks



- HIV-1 – Kaposi se sarkoom



No.3 Te veel Kalorieë- 15%



Te veel Kalorieë- versadigde vette -suiker

- European Code against **Cancer**
4th Edition: Diet and **cancer**. Norat T, et al.
Cancer Epidemiol 2015. PMID 26164653
- There is evidence that high intakes of fruit and vegetables may reduce the risk of **cancers** of the aerodigestive tract, and the evidence that dietary fibre protects against colorectal **cancer** is convincing. Red and processed meats increase the risk of colorectal **cancer**. Diets rich in high-

Kanola olie



KANOLA OLIE



Familie Foto

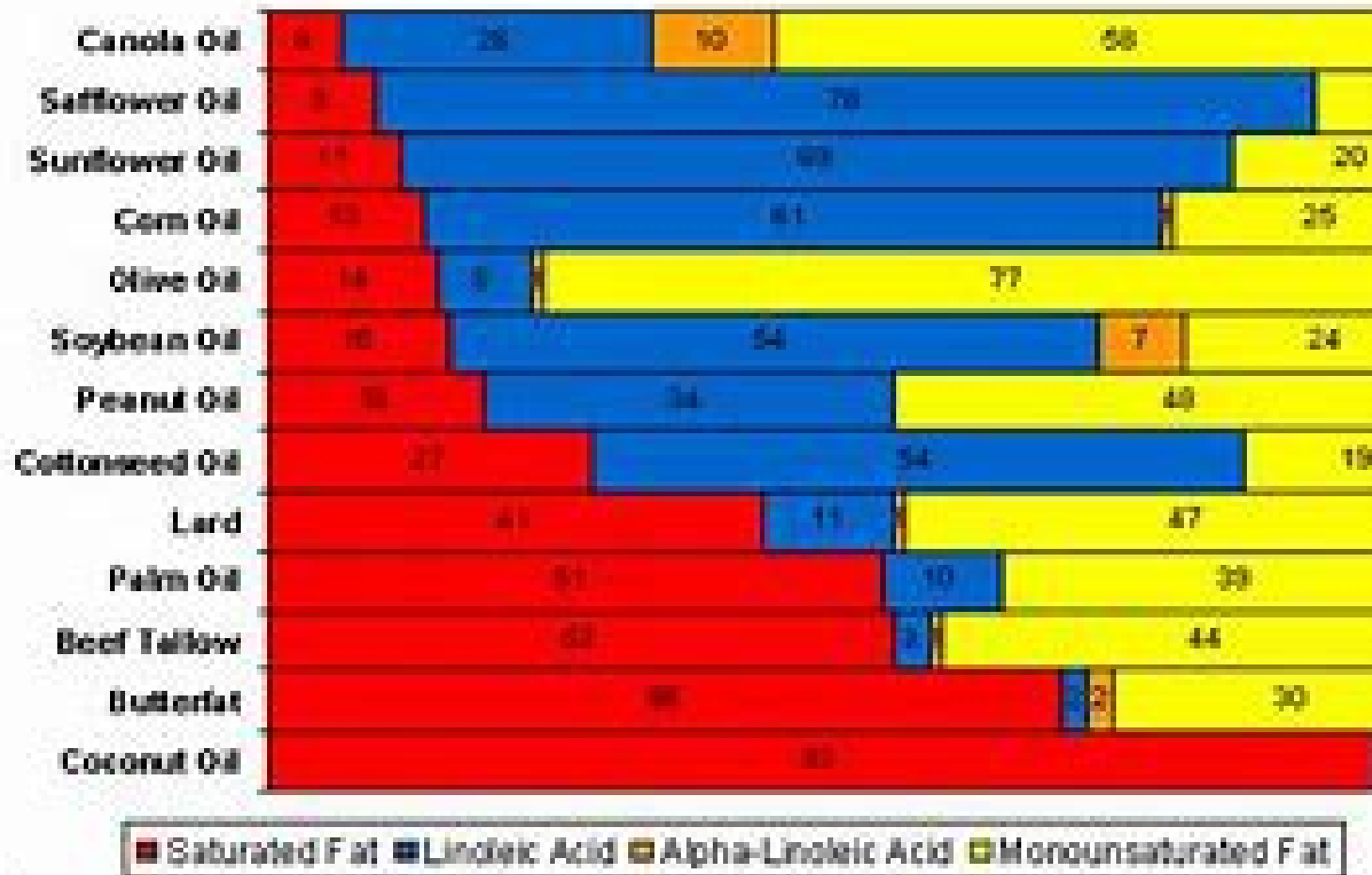


CANSA Smart Choice -20 jaar



Vet Inhoud

Comparison of Dietary Fats

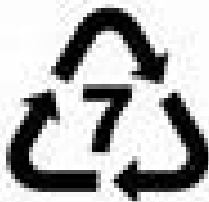
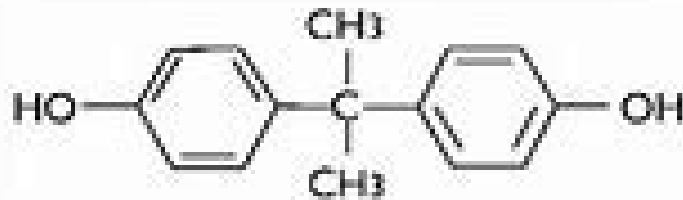


Omega-6 to Omega-3

- Multi-omic analysis in transgenic mice implicates **omega-6/omega-3 fatty acid** imbalance as a risk factor for chronic disease. Kaliannan K, et al. Commun Biol 2019. PMID 31372515 Free PMC article.
- An unbalanced increase in dietary **omega-6 (n-6)** polyunsaturated **fatty acids** (PUFA) and decrease in **omega-3 (n-3)** PUFA in the Western diet coincides with the global rise in chronic diseases. ...Transgenic mice able to overproduce n-6 PUFA and achieve a high tissue n-6/n-3 PUFA **ratio** exhibit an increased risk for metabolic diseases and **cancer**, whereas mice able to convert n-6 to n-3 PUFA, and that have a lower n-6/n-3 **ratio**, show healthy phenotypes. ...

No.4 Chemikalië – 15%

BPA



BPA in transaksie papier



Wat veroorzaakt borskanker?

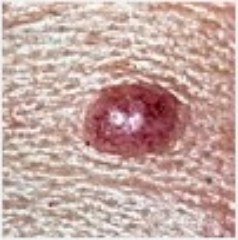
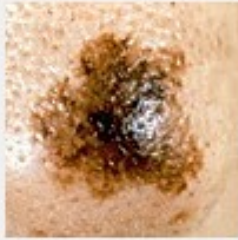






- **Gestational High-Fat Diet and Bisphenol A Exposure Heightens Mammary Cancer Risk**



Sonlig -5%



Herken melanoom

Normal Mole	Melanoma	Sign	Characteristic
		Asymmetry	when half of the mole does not match the other half
		Border	when the border (edges) of the mole are ragged or irregular
		Color	when the color of the mole varies throughout
		Diameter	if the mole's diameter is larger than a pencil's eraser

Immunotherapie te duur

- I've had two infusions of Yervoy and I have received the first claim submitted to my insurance company. My provider charged my insurance company over \$205,000 for one infusion. My insurance company has a contract with the provider for \$102,000 for one infusion. My dosage was 336 mg. I thought this drug was about \$30,000 for 200mg. **Is this normal for providers to charge this kind of money for drugs? I am shocked.** My insurance has a yearly cap of \$250,000. I'll run out of coverage with my 3rd infusion. Any advice or help with this kind of situation would be greatly appreciated.

R3.28 miljoen vir een inspuiting!!!



Alcohol -5%



Spontane kanker – 10%



Chimps in die natuur kry nie kanker nie

- ROOK
- SEKS
- KALORIEE
- CHEMIKALIEE
- SONLIG
- ALKOHOL
- SPONTAAN



Hoekom hunker ons na “lekker”?

VEG



VLUG



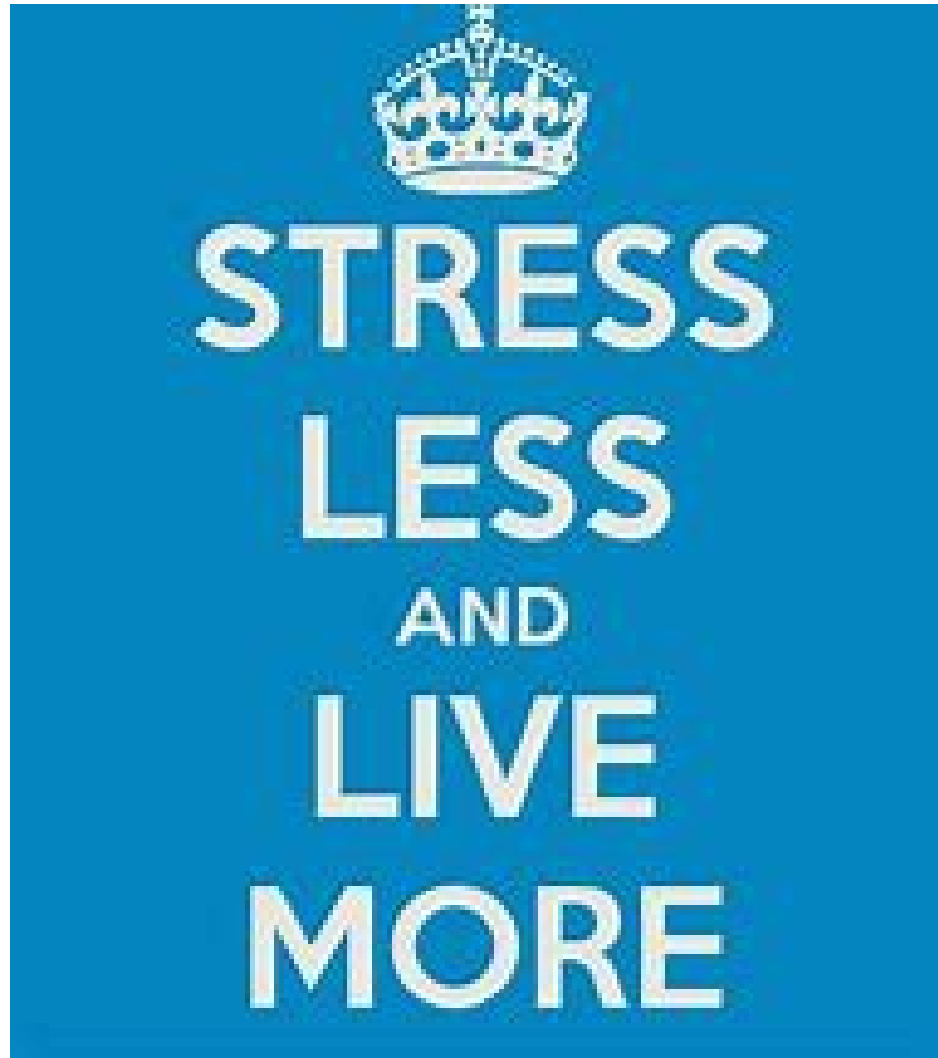
Beloon jouself



Gaan vir “Lekker”



Oplossing: Matigheid, Positief





Baie dankie