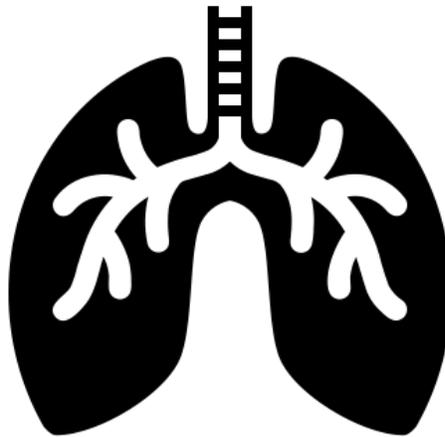
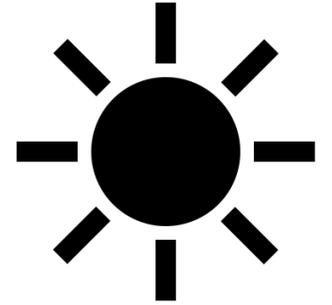
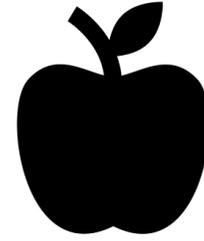




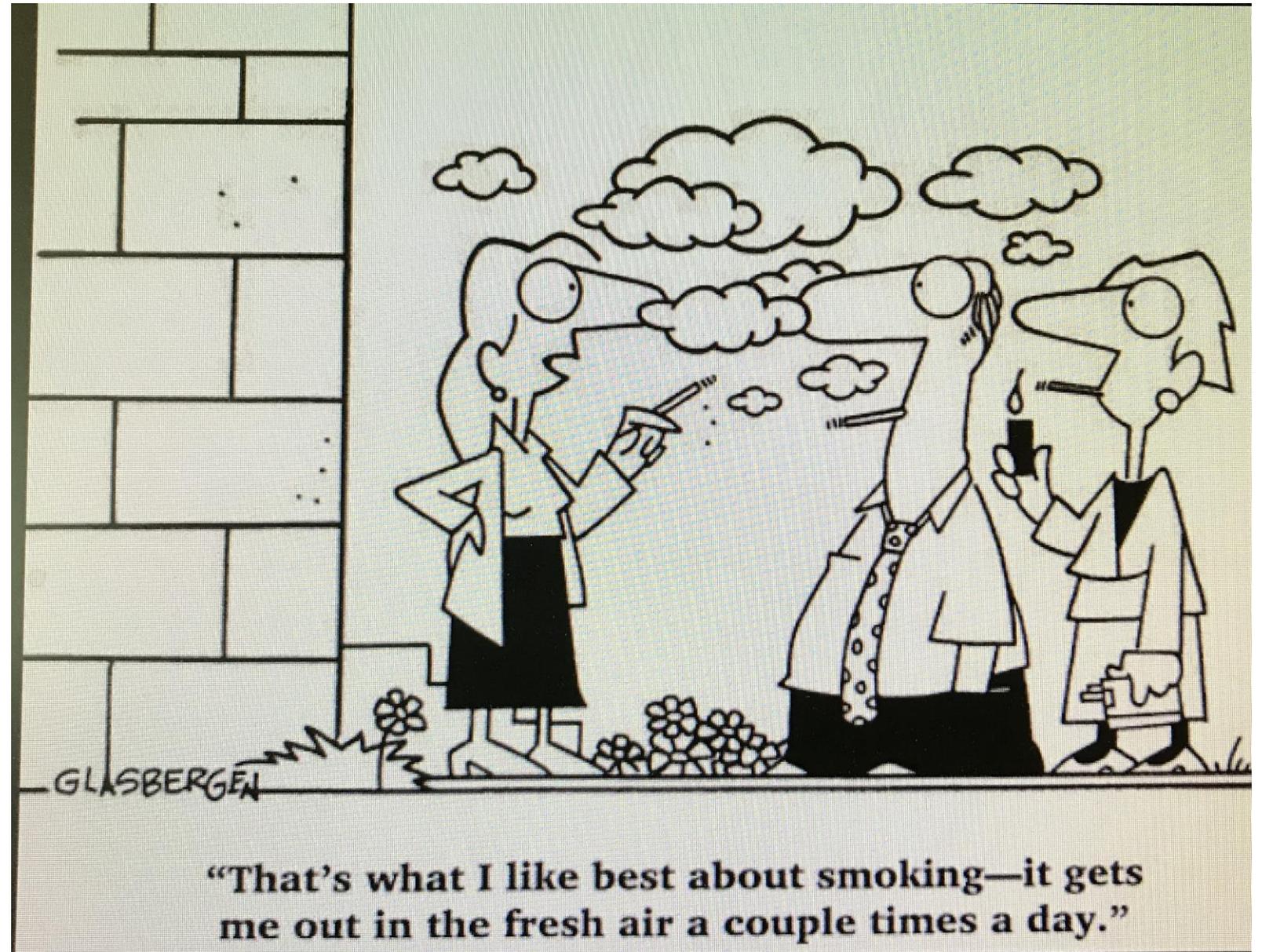
Healthy Living & Cancer Prevention



Chronic Diseases



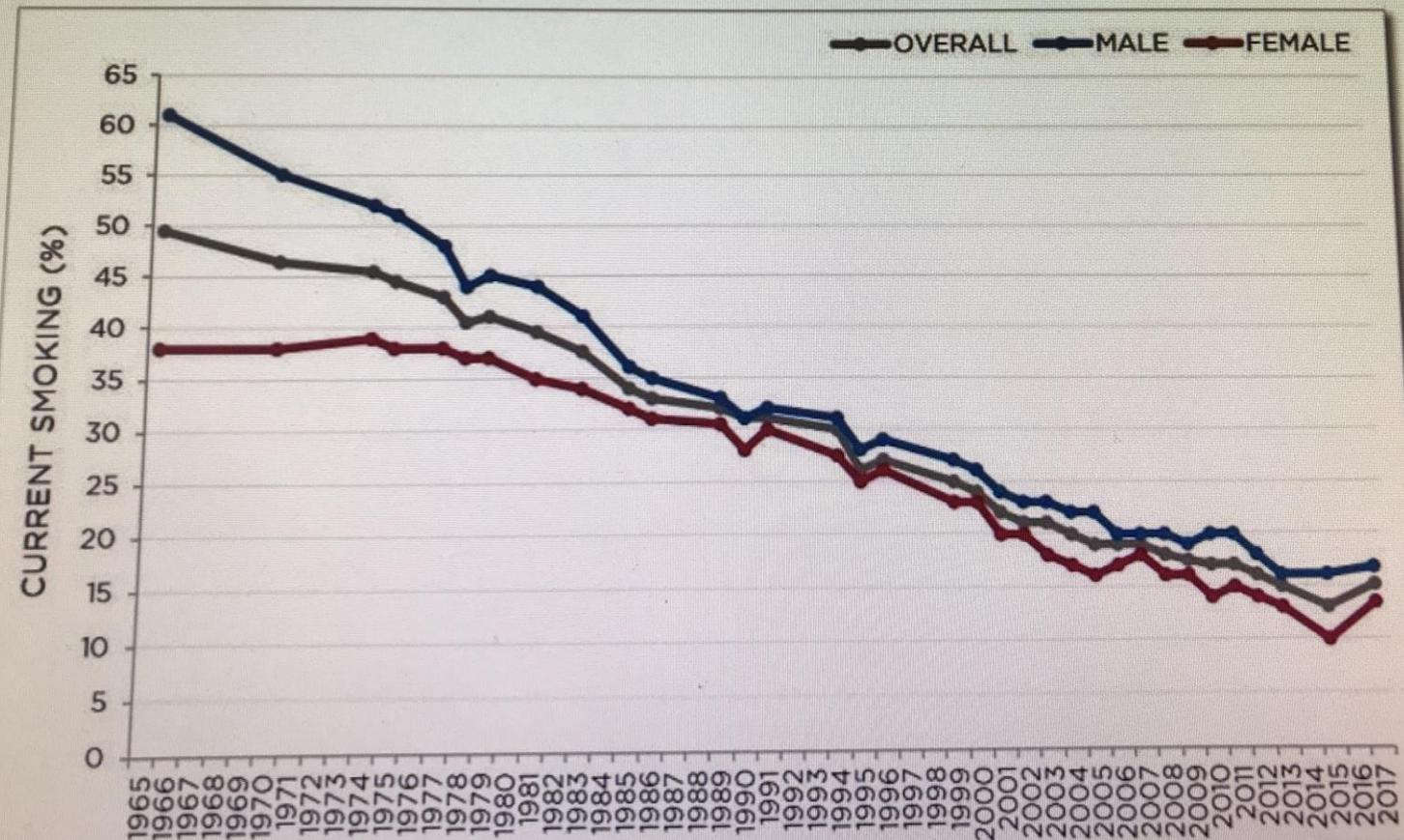
Modifiable Risk Factors

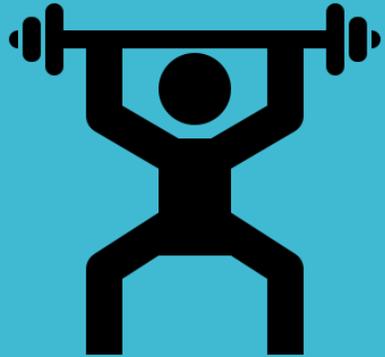


Historical trends in smoking prevalence

Over the past five decades, there has been a remarkable reduction in smoking in Canada: approximately half of Canadians smoked in 1965, compared to just 15.1% in 2017 (Figure 1.1). Overall smoking prevalence has decreased fairly steadily over this time period. Historically large sex differences in smoking prevalence have narrowed over time to within a few percentage points, although smoking has remained more prevalent among males.

FIGURE 1.1: SMOKING PREVALENCE* IN CANADA, ADULTS AGED 15+, 1965-2017





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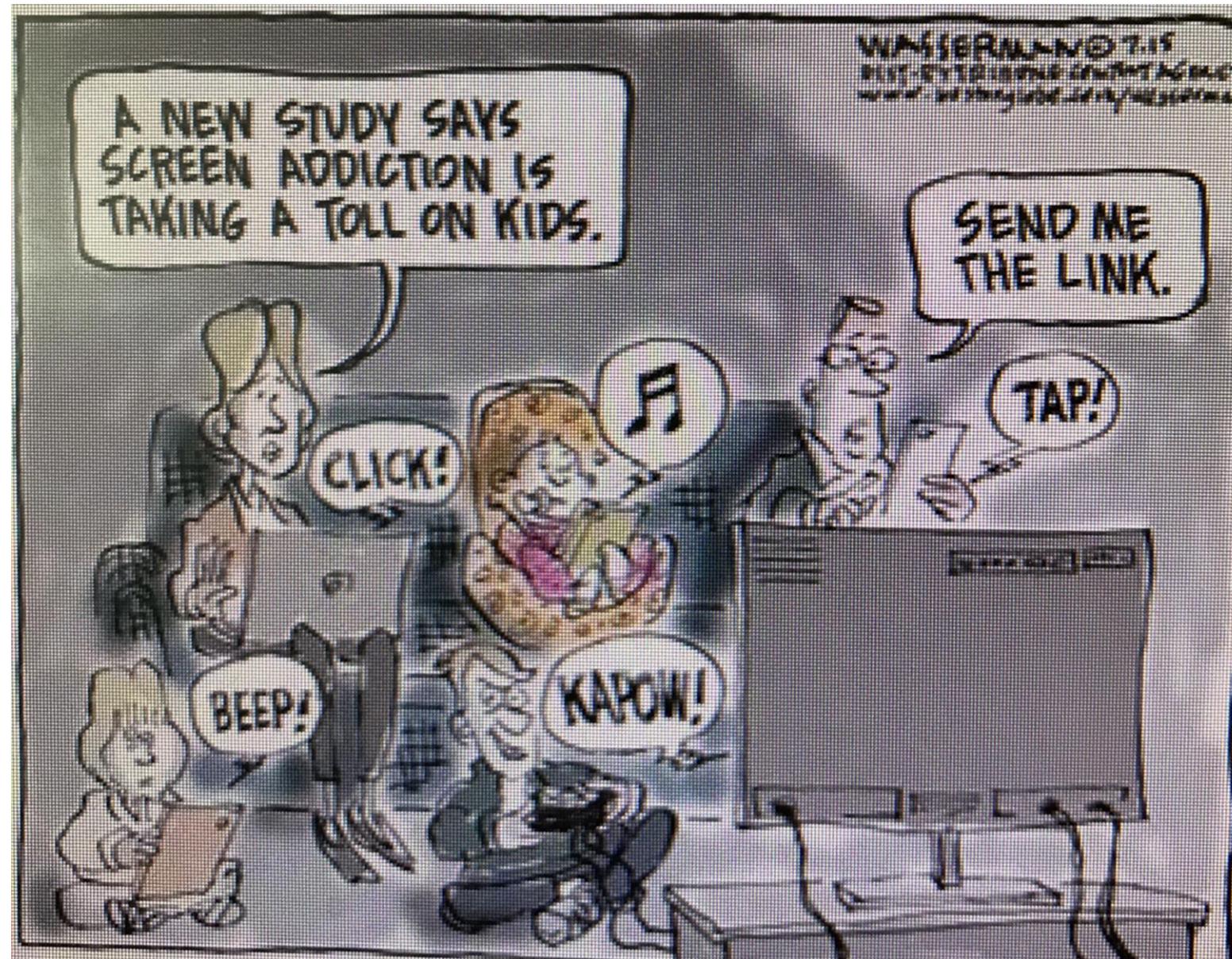
“What fits your busy schedule better, exercising 30 minutes a day or being dead 24 hours a day?”

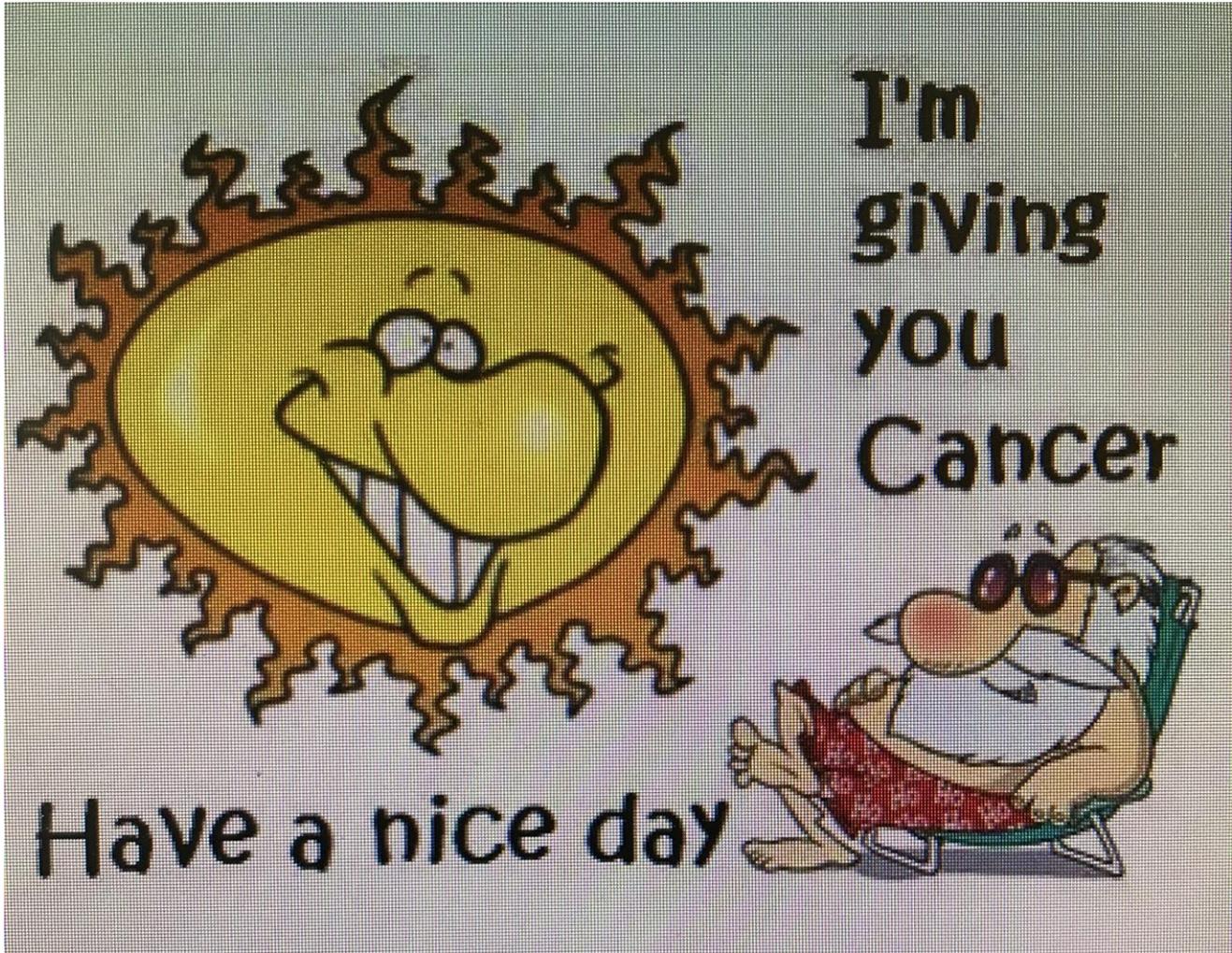
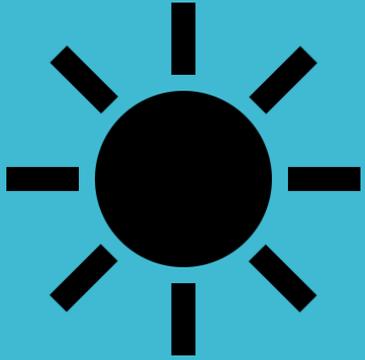
LOOK! EXERCISE REVS YOUR HEAD

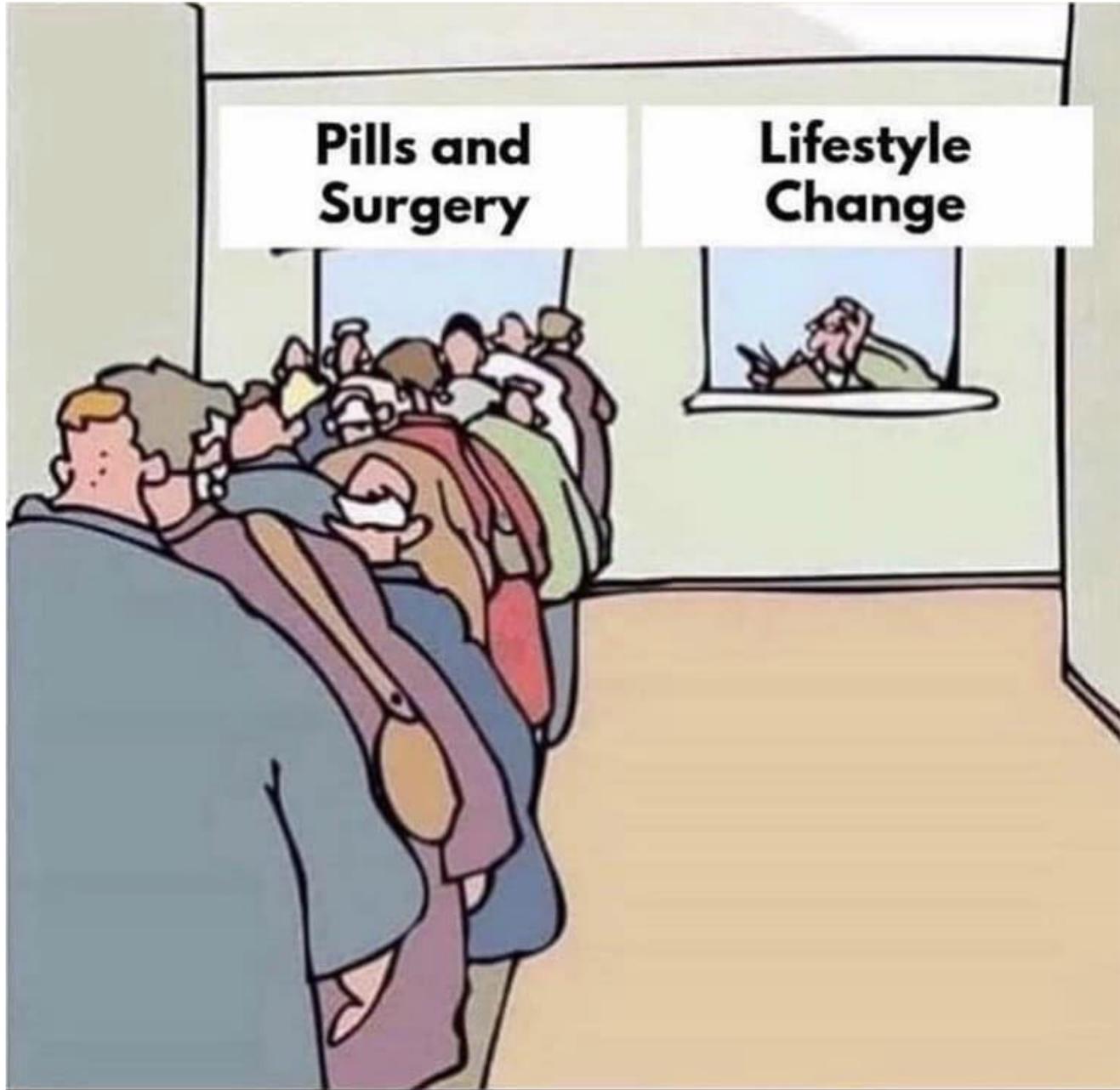
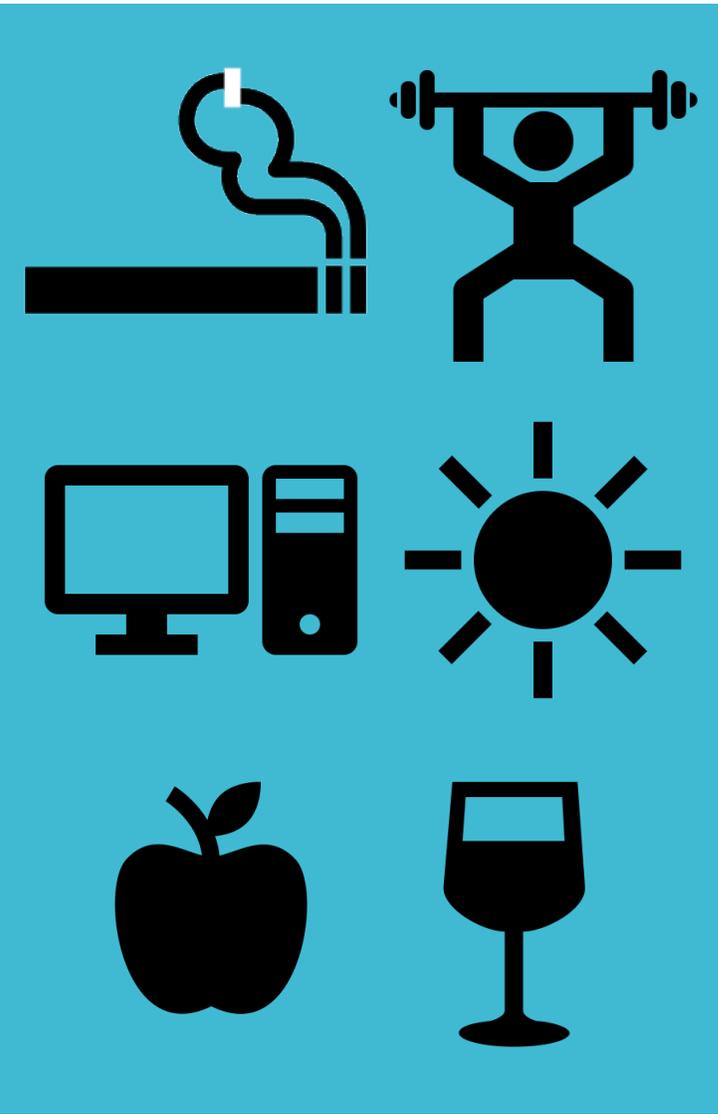
The brain at rest
An EEG image of neuroelectrical brain activity after 20 minutes of sitting. The blue area suggests a dip in neural resources devoted to focus.

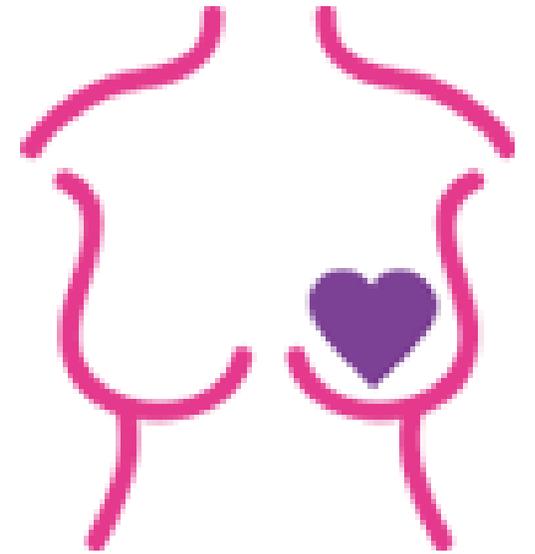
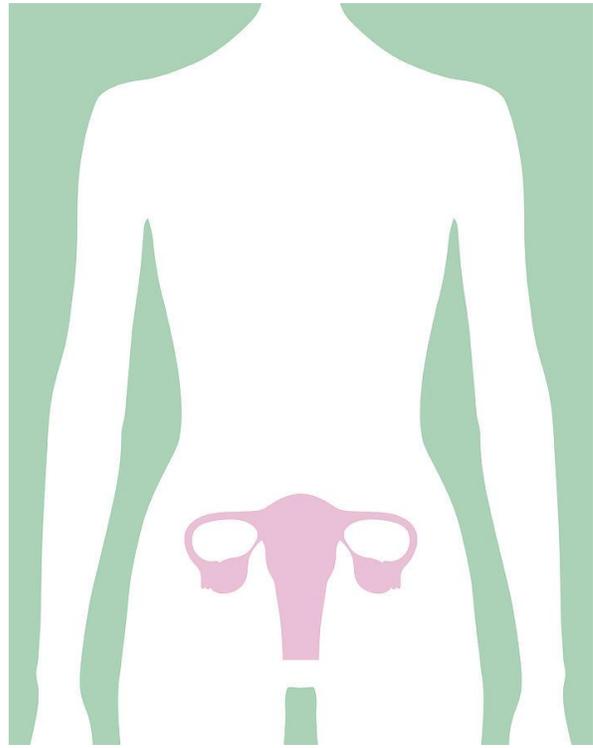
And after a walk
The same brain shows more red after 20 minutes of hoofing it, indicating heightened attention and faster information processing.

Source: The University of Illinois in Urbana-Champaign







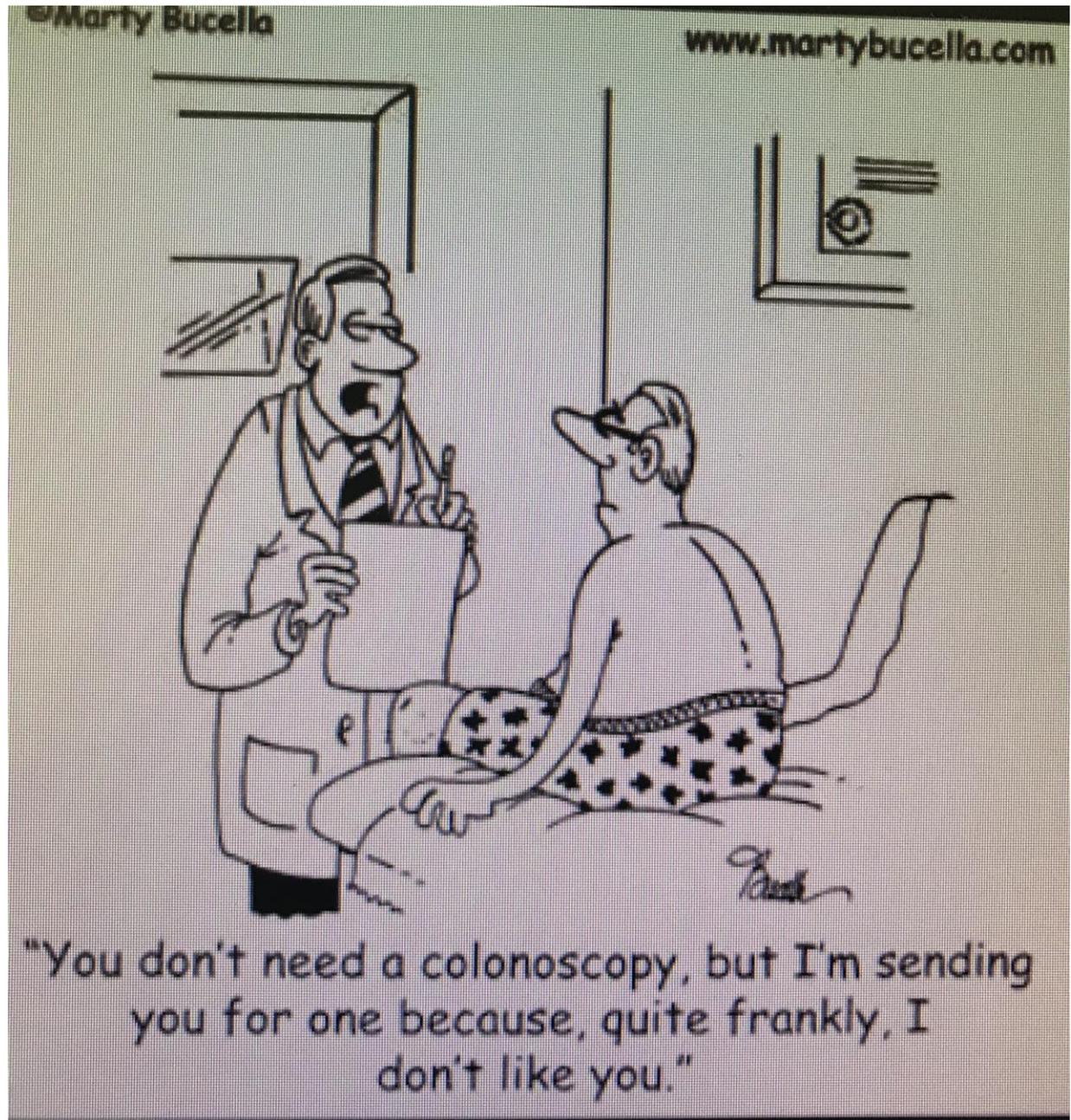


Cancer Screening

Why men shouldn't take messages

Someone from
the Gyna Colleges
called. They said
the Pabst Beer
is fine.

I thought you
didn't like beer??



IF WOMEN CONTROLLED MEDICINE



The Manogram



Vaccines Prevent Cancer & Save Lives