

**HEALTH EDUCATION
LIBRARY FOR PEOPLE**



World's largest FREE health Education library for people..

We help patients to become better We can help you understand !patients your health and medical problems better so you can get better care in partnership .with your Doctor

OUR VISION

k patients are the largest untappedWe thin healthcare resource and that Information ! therapy is the most Powerful Medicine

OUR GOALS

1. Encouraging health insurance companies to invest in patient .education
2. .Advocating information therapy
3. ork ofSetting up a national netw .patient education centers
4. Developing patient educational materials in Indian Languages for .the web

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HEALTH EDUCATION LIBRARY FOR PEOPLE

**PREVENT
CANCER-
DIET & LIFESTYLE
MANAGEMENT**



PREVENTION IS POWERFUL

**LET'S HELP
ERADICATE
IGNORANCE**

PREVENT CANCER

Source: <http://healthy-india.org>

Prevent Cancer

There is now a clear scientific consensus that cancer is largely preventable, with appropriate diet and lifestyle management playing a key role.

The development of cancer is usually a relatively slow process which requires a substantial proportion of the lifetime of an individual. The cancers of childhood which often affect growing tissues such as the brain or bones are important exceptions to this rule and these diseases are often associated with the presence of mutations (defective genes) inherited from one or both parents. Inherited mutations are also known to be important in the development of cancers of later life but, generally speaking, tumour cells are found to contain a large number of mutations which have been acquired during life. These so-called somatic mutations occur because of exposure to environmental chemicals which damage the body's blueprint for life, DNA. Molecules which damage DNA can be generated by the body itself. For example, molecules containing oxygen often briefly acquire a special chemical structure enabling them to interact strongly with DNA. These 'free radicals' are generated during normal respiration. Antioxidant substances, in their unique natural location and

natural combination with other nutrients, contained in fruits and vegetables, whole grains, Indian spices, scavenge free radicals and protect cells from excessive DNA damage. They prevent the blue print of the body from being damaged It has also been also documented that Indian unadulterated pure **spices** and vegetables inhibit the enzymes which are integral to procarcinogen metabolism.

Key to prevent diabetes, blood pressure, heart attacks, strokes, cancers ...

KEEP AWAY FROM TOBACCO



CUT DOWN ON BODY FAT



EAT WHOLE GRAINS



BE PHYSICALLY ACTIVE

(Adults at least 150 minutes and children 300 minutes)



REDUCE SALT INTAKE



EAT PLENTY OF AND VARIETY OF FRESH FRUITS & HOME-COOKED VEGETABLES



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