Figure 1

Types of cancer caused by infectious agents

**Infectious Agent**

- Hepatitis
- Human papillomavirus (HPV)
- Helicobacter pylori

**Cancer Type**

- Stomach
- Liver (hepatocellular carcinoma)
- Cervix
- Uterus
- Bladder
- Larynx
- Oropharynx
- Pancreas
- Esophagus

Potentially modifiable risk factors cause about one-half of cancer deaths globally.

12 Ways To Reduce Your Cancer Risk

1. Don’t smoke or use any form of tobacco.
2. Make your home smoke free. Support smoke-free policies in your workplace.
3. Take action to be a healthy body weight.
4. Be physically active. Limit the time you spend sitting.
5. Eat a healthy diet. Eat plenty of whole grains, pulses, vegetables and fruits.
6. Limit alcohol consumption. Not drinking is better for cancer prevention.
8. In the workplace, follow health and safety instructions to protect yourself from harmful substances.
9. Know if you are exposed to radiation from naturally high radon levels in your home. Take action to reduce high radon levels.
10. For women: try breastfeeding your baby. Limit use of hormone replacement therapy.
11. Encourage your child to participate in vaccination programs for hepatitis B and human papillomavirus.
12. Take part in organized cancer screening programs for cancers of the bowel, female breast, and cervix.

*Ecological study of cancer mortality in the United States concluded that 40% of cancer deaths could be prevented by modifiable risk factors.*

**Access Creates Progress**

An innovative intervention to improve storage of garments among subsistence farmers in Ghana reduced aflatoxin exposure by more than 50%.

**Mortality**

Smoking was responsible for an estimated 9.1% of all cancer deaths in 2018. Additionally, tobacco use accounted for more than 30% of cancer deaths in men ages 15 years or older, and 6.1% in women (ages 10–20 years) among females by continent.

Smoking is the leading cause of death worldwide, responsible for about one in five deaths, or 10 million deaths per year.

The risk factors for cancer, however, are not limited to tobacco use worldwide. Other risk factors known to cause cancer include excessive exposure to ultraviolet radiation from the sun and indoor tanning, which cause skin cancer (see 32.1, Radiation); some reproductive and hormonal factors (see 27.4, Reproduction and Hormonal Factors); and occupational exposures to hazardous substances and environmental pollutants such as air pollution, arsenic, and asbestos (see 3.4, Environmental Pollutants and Occupational Exposures). The types of cancer caused by infectious agents, however, are not limited to tobacco use worldwide.