

Risk Factors for the Most Common Cancers in Qatar



- **Age:** Advancing age is the most important risk factor for cancer. However, you can get cancer at any age.



- **Chemical substances:** Cancer is sometimes a result of environmental exposures (i.e. tobacco smoke, radiation etc.).
- **Tobacco:** Smoking any type of tobacco is a leading cause of cancer. Smoking causes lung, kidney, bladder cancer and many more.
- **Sunlight:** Over exposure to ultraviolet (UV) radiation causes skin damage that can lead to skin cancer.
- **Obesity:** Obesity may increase the risk of several types of cancer, including breast, colon, rectum, endometria, esophagus, kidney, pancreas and gallbladder cancer.

Adopting a healthy lifestyle (eating healthily and exercising regularly) is the best preventative measure you can take.

