

# Top Ways To Give Yourself Cancer: Drinking Booze, Pumping Gas And Smoking

Mon, 02 Jan 2023 11:49:40, swmof88, [category: news, post\_tag: pumping-gas-and-smoking, post\_tag: top-ways-to-give-yourself-cancer-drinking-booze]

Even one glass of alcohol starts cancer growth. Wear a disposable rubber glove to pump gas and never touch any surface at a gas station. Stay 100 feet away from cigarette smoke.



<https://pubmed.ncbi.nlm.nih.gov/25815850>

## [Lifestyle and cancer risk - PubMed](#)

This trend is very much driven by a rise in **lifestyle**-related **cancers** due to economic and demographic transitions worldwide. **Lifestyle** factors, such as smoking, alcohol consumption, obesity, diet, and physical inactivity, and also reproductive and hormonal factors are considered as causes of **cancer** and main targets for primary prevention.

<https://pubmed.ncbi.nlm.nih.gov/21139406>

## [Lifestyle and cancer risk - PubMed](#)

**Lifestyle** and **cancer** risk Author Elisabete Weiderpass 1 Affiliation 1 Department of Medical Epidemiology and Biostatistics, Karolinska Institutet, Stockholm, Sweden. eliwei@ki.se PMID: 21139406 DOI: 10.3961/jpmph.2010.43.6.459 Abstract MeSH terms Environmental Exposure / adverse effects Global Health Humans **Life Style\*** Neoplasms / etiology\*

<https://www.medicalnewstoday.com/articles/304230>

## [Most cancer cases 'caused by lifestyle, environment - not bad luck'](#)

Most **cancer** cases 'caused by **lifestyle**, environment - not bad luck' **Lifestyle** behaviors and environmental factors account for around 70-90% of **cancer** cases, according to new research...

<https://nutrino.co/what-causes-cancer>

## [Causes of Cancer: Genetics vs. Lifestyle {Infographic}](#)

**Cancer** is **caused by** both internal factors (such as inherited mutations or hormones) and environmental/**lifestyle** factors (such as diet and tobacco). Studies performed on identical twins showed that only 5%-10% of all **cancer** cases can be attributed to genetic defects, whereas the remaining 90%-95% are due to either **lifestyle** or environmental factors.

<https://www.cancer.org/healthy/cancer-causes.html>

## [What Causes Cancer? | American Cancer Society](#)

Body Weight and **Cancer** Risk Alcohol Use and **Cancer** Infections and **Cancer** In the United States and other developed countries, a small portion of **cancers** are thought to be linked to infections. Learn more about some of the infectious agents linked to **cancer** in this section. Infections that Can Lead to **Cancer** HIV Infection and AIDS

<https://www.chemdiv.com> › company › media › pharma-news › 2015 › nine-10-cancers-caused-lifestyle

## [Nine in 10 cancers caused by lifestyle - Chemdiv](#)

Nine in 10 **cancers caused by lifestyle**. Up to nine in 10 **cancers** are **caused by** environmental and external factors such as smoking, drinking, sun exposure and air pollution, a new scientific study has found. Previous research suggested that random cell mutations played a significant role in the development of tumours, a finding dubbed the 'bad ...

<https://www.thedailybeast.com> › cancer-caused-by-lifestyle-not-chance

## [Cancer Caused By Lifestyle, Not Chance - The Daily Beast](#)

A new study from researchers at Stony Brook University has uncovered evidence that as much as 90 percent of **cancers** are **caused** not by chance, but by **lifestyle** choices. This means that making ...

<https://www.chrisbeatcancer.com> › 90-of-cancers-caused-by-diet-lifestyle-and-pollution-not-bad-luck

## [90% of Cancers Caused by Diet, Lifestyle, and Pollution. Not bad luck.](#)

This week, a new study published in the journal Nature concluded that 70-90% of **cancers** are **caused by** diet, **lifestyle**, and environmental factors (like viruses, parasites & pollution). And so today I'm revelling in another glorious "I told you so."

<https://www.pennmedicine.org> › cancer › navigating-cancer-care › risks-and-prevention › lifestyle-risk-factors

## [Lifestyle Risk Factors - Abramson Cancer Center | Penn Medicine](#)

Diet - The foods that you choose to eat on a regular basis can also be risk factors for developing some kinds of **cancer**. A diet rich in red meats or processed meats - like ham, bacon, or salami - can increase your chances of developing pancreatic **cancer**, bowel **cancer**, and even stomach **cancer**.

<https://www.ncbi.nlm.nih.gov> › pmc › articles › PMC2515569

## [Cancer is a Preventable Disease that Requires Major Lifestyle Changes](#)

Infection by various bacteria and viruses (Fig. 6) is another very prominent cause of various **cancers**. Vaccines for cervical **cancer** and HCC should help prevent some of these **cancers**, and a cleaner environment and modified **lifestyle** behavior would be even more helpful in preventing infection-**caused cancers**.