

... FOR THE HEALTH AND WELL-BEING OF YOU AND YOUR FAMILY

CANCER PREVENTION MONTH

CANCER PREVENTION AND SCREENING

The best way to prevent cancer is through early detection and regular screenings through a physician. Individuals with a family history of cancer may need earlier and more frequent screenings, as determined by their physician.

10 MOST COMMON FORMS OF CANCER	
AMONG MEN	AMONG WOMEN
Prostate	Breast
Lung and Bronchial	Lung and Bronchial
Colon and Rectal	Colon and Rectal
Urinary bladder	Cervical and Uterine
Melanoma	Non-Hodgkin Lymphoma
Non-Hodgkin Lymphoma	Melanoma
Kidney	Thyroid
Oral Cavity and Pharynx	Ovarian
Leukemia	Kidney and Renal Pelvis
Pancreatic	Pancreatic

STOP USING TOBACCO

Tobacco causes 80-90% of all lung cancer deaths. It is responsible for about 30% of all cancer deaths in developing countries, including deaths from cancer of the oral cavity, larynx, esophagus and stomach.

QUICK FACTS

- Cancer is the second leading cause of death in the United States
- Over 20% of all cancer deaths are due to lung cancer
- Over 80% of lung cancers occur in smokers and ex-smokers





THE AMERICAN CANCER SOCIETY RECOMMENDS FOUR GUIDELINES TO PREVENT CANCER

1. MAINTAIN A HEALTHY BODY WEIGHT

Obesity is known to increase the risk of some cancers such as esophageal, colorectal, breast, endometrial, and kidney.

Maintaining a healthy diet and staying active is an important approach to cancer prevention.

2. INCREASE ACTIVITY

The American Cancer Society Recommendations for Physical Activity:

ADULT	CHILDREN
30 minutes of moderate to vigorous physical activity, above usual activities on 5 or more days of the week; 45 to 60 minutes of intentional physical activity is preferred	60 minutes per day of moderate to vigorous physical activity at least 5 days per week

3. CONSUME A HEALTHY DIET

A healthy diet means different things to different people. The American Cancer Society's healthy diet puts an emphasis on plant sources: each day, consume five or more servings of a variety of fruits, and also a variety of vegetables. They also recommend that you limit your consumption of red and processed meats. Their final bit of advice is a common sense one: it's best to choose foods and beverages in amounts that help to achieve and maintain a healthy weight.

4. LIMIT CONSUMPTION OF ALCOHOL

If you drink, men should limit consumption of alcohol to two drinks per day and one drink per day for women.

RESOURCES

www.cancer.org

www.who.int

www.cdc.gov

For more information:
www.WellnessCoachesUSA.com