

HEALTH AT A GLANCE



Controlling Cancer Risks

April is Cancer Control Month, and although there are many cancers we can't prevent, there are many that we CAN. Did you know that up to two-thirds of cancer deaths are caused by smoking, inactivity, and poor diet choices? By making healthy lifestyle choices and receiving regular check-ups to promote early detection, you can prevent or reduce your risk for breast, cervical, colorectal, lung, oral, prostate, skin testicular, and other cancers.

Lifestyle Behaviors to Reduce Cancer Risk

Practice these behaviors regularly to keep your risk of developing cancer to a minimum:

- Don't smoke or chew tobacco
- Minimize exposure to secondhand smoke
- Protect your skin from the sun year-round
- Avoid tanning beds
- Limit alcohol consumption
- Maintain a healthy weight
- Engage in regular physical activity
- Eat healthy foods, including a variety of fruits and vegetables each day
- Limit saturated and trans fats
- Drink 8 glasses of water per day
- Avoid charring meats when cooking
- Limit exposure to outdoor and indoor air pollution
- Protect yourself if you must be exposed to toxins, such as arsenic, radon, and asbestos
- Be aware of changes in your body
- Know your family's medical history
- Have regular check-ups and cancer screenings at suggested times

Recommended Screening Timelines

The American Cancer Society recommends for the following cancers:

- Breast: Yearly mammograms for women starting at age 40; clinical breast exam every 3 years for women 20-39, yearly for 40+; regular self exam for women of all ages
- Colorectal: Beginning at age 50, men and women should receive a flexible sigmoidoscopy every 5 years, or colonoscopy every 10 years, or CT colonoscopy every 5 years, or double-contrast barium enema every 5 years
- Cervical: Women 21-29 Pap test every 3 years; women 30-65 Pap test and HPV test every 5 years
- Prostate: Men age 50+ (40-45 if African-American or family history of prostate disease) PSA blood test. (Test result will determine future frequency of test)

KEY WEBSITES

Centers for Disease Control and Prevention: www.cdc.gov

Prevent Cancer Foundation: www.preventcancer.org

American Cancer Society: www.cancer.org

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