



Quick Steps for Cancer Prevention

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Of all cancers can be prevented by things you can do. You can take control of your own health and make your families health better by following these seven suggestions. In doing so, you will help yourself and your families lower the risk of cancer and also diabetes, heart disease, and stroke.

♥ Healthy Weight

You can lower the risk of cancers of the breast, colon, rectum, and uterus by maintaining a healthy weight.

Healthy tips for weight:

- Be physically active.
- Balance your food amount with the energy you use.

Tips for parents & grandparents:

- Get the kids moving! Limit their time as a “couch potato”.
- Have healthy snacks on hand like fruits and vegetables.

♥ Physical Activity

Daily physical activity lowers the risk of colon cancers and may lower the risk of breast cancer. Get 30 minutes of physical activity on most days

Physically activity tips:

- Try dancing, jogging, or walking – anything you enjoy. Many things can count as a physical activity.
- Any physical activity is better than not moving at all.

Tips for parents & grandparents :

- Kids need to play outside. Let them participate in sports or any other physical activity to get them moving.
- From the time they are young, do activities with them regularly.

♥ Say NO to smoking.

Using tobacco (chewing tobacco, cigarettes, cigars and pipes) is associated with bladder, cervix, colon, kidney, lungs, pancreas, prostate, rectum and throats cancers.

Tips for quitting:

- 1,000 plus Americans quit every day. It is tough but not impossible.
- For help contact your doctor.
- Use your employer's resources. They may offer a program to help employees quit.

Tips for parents & grandparents:

- By you quitting your children are less likely to smoke.
- Second hand smoke is harmful because they are at risk to develop breathing problems and cancer. Don't smoke in your car or home.
- Speak to your children about the effects of smoking.

♥ Healthy Diet

By eating a healthy diet, you can lower your risk of breast, colon, lung, pancreas, rectum, and stomach cancers.

Healthy diet tips:

- Fruits and vegetables should be part of your daily meals. Vegetables can be snacks. Fruits can go in cereals.
- In place of red meat, eat beans, chicken or fish. Less red meat is better.
- Make good selections like brown rice, pasta and whole wheat breads.

Tips for parents & grandparents:

- Keep fruit out for the children to snack from.
- When eating out, especially fast food; encourage them to choose broiled chicken instead of a burger.
- Whole wheat bread sandwiches are better than white.

♥ **Limit Alcohol Intake.**

Drink less than one alcoholic drink a day. A bottle of beer, a glass of wine or a shot of hard liquor equals one drink. Limiting alcohol lowers the risk of breast, colon, esophagus, mouth, rectum, and throat cancers.

♥ **Sun Protection.**

Skin cancer is linked to sunlight.

♥ **Sexually Transmitted Infections.**

Cancers, like anus, cervix, liver and vagina, can be linked to sexually transmitted infections.

Alcohol intake tips:

- At meals and parties pick non-alcoholic drinks like juices and sodas.
- Special occasions that center around alcohol should be avoided.
- If you have trouble with alcohol limitations, contact a health professional.

Sun protection tips:

- During peak burning hours (10am and 4pm) avoid the direct sunlight.
- Hats, shirts with long sleeves and sunscreens, 15 SPF or higher, should be used.
- SUNBURN – Avoid it!
- Tanning booths and sun lamps should not be used.

Sexually transmitted infections prevention:

- Protect your self – Abstain.
- If sexually active, practice safe sex – Use condoms.
- Always be prepared. Never rely on your partner to have condoms.

Tips for parents & grandparents:

- At gathering, especially family, avoid alcohol drinks being a major part.
- Discuss the dangers of drinking and drug addiction with your children.

Tips for parents & grandparents:

- Protect your kids. Make sure they have sunscreen, a hat, and long sleeved shirt.
- You should also protect yourself the same way.

Tips for parents & grandparents:

- Talk to your kids, when appropriate, why it is safe sex or abstinence is important. You can also contact your school or health professional.

Tests for Cancer

Screening tests can spot cancer when it is most treatable. A test, in some cases, can even help the development of cancer in the first place.

Talk to you health care professional about the following cancer tests:

- Breast
- Cervical
- Colon
- Rectal



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