

Health & Wellness

Tip of the Week

October is all about **Breast Cancer Awareness**. It is the perfect time to remind you about the importance of taking the steps to have a plan to detect the disease in its early stages and to encourage others to do the same.

Week 41
October 10, 2016

10 Ways to Reduce Your Cancer Risk

Some Cancer risk factors are out of your control, but many of them aren't. Do your best to protect your body from cancer by following these guidelines.

- ✂ Include a variety of fruits, vegetables, and whole grains in your diet. Keep your red meat intake low.
- ✂ Be physically active to improve your overall health, including reducing your risk for breast and colon cancers. Get at least 30 minutes of moderate to vigorous physical activity most days of the week.
- ✂ Maintain a healthy weight by balancing calorie intake with physical activity. Excess weight is linked to many diseases, including cancers of the breast, uterus, colon, and rectum.
- ✂ Quit smoking now. Smoking is responsible for most lung cancers and contributes to other cancer, such as those of the cervix and bladder.
- ✂ Limit your exposure to secondhand smoke. Nonsmokers who breathe it in can get lung cancer.
- ✂ Drink alcohol in moderation. Alcohol consumption is linked to several cancers, including that of the breast, mouth, throat, esophagus, and liver
- ✂ Protect your skin from the sun's harmful rays and skin cancer, the most commonly diagnosed cancer.
- ✂ Make an informed choice before continuing or starting hormone replacement therapy.
- ✂ Have health tests and screenings as recommended.
- ✂ Ask your doctor about the human papillomavirus (HPV) vaccine to lower your risk of cervical cancer.

Sources: American Cancer Society, Positive Promotions



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