

8 BRIGHT WAYS[®]

TO STAY HEALTHY AND PREVENT CANCER

1 MAINTAIN A HEALTHY WEIGHT

Keeping your weight in check is often easier said than done, but a few simple tips can help. First off, if you're overweight, focus on not gaining any more weight. This by itself can improve your health. Then, when you're ready, try to take off some extra pounds for an even greater health boost.

2 EXERCISE REGULARLY

Few things are as good for you as regular physical activity. While it can be hard to find the time, it's important to fit in at least 30 minutes of activity every day. More is even better, but any amount is better than none.

3 DON'T SMOKE

You've heard it before. If you smoke, quitting is absolutely the best thing you can do for your health. Yes, it's hard, but it's also far from impossible. Over 1,000 Americans stop for good every day.

4 EAT A HEALTHY DIET

Despite confusing news reports, the basics of healthy eating are actually quite simple. You should focus on fruits, vegetables, and whole grains, and keep red meat to a minimum. It's also important to cut back on bad fats (saturated and trans fats), and choose healthy fats (polyunsaturated and monounsaturated fats) more often. Taking a multivitamin with folate every day is a great nutrition insurance policy.

5 DRINK ALCOHOL ONLY IN MODERATION, IF AT ALL

Moderate drinking is good for the heart, as many people already know, but it can also increase the risk of cancer. If you don't drink, don't feel that you need to start. If you already drink moderately (less than 1 drink a day for women, less than 2 drinks a day for men), there's probably no reason to stop. People who drink more, though, should cut back.

6 PROTECT YOURSELF FROM THE SUN AND AVOID TANNING BEDS

While the warm sun is certainly inviting, too much exposure to it can lead to skin cancer, including serious melanoma. And tanning beds can be just as harmful. Skin damage starts early in childhood, so it's especially important to protect children.

7 PROTECT AGAINST SEXUALLY TRANSMITTED INFECTIONS

Among other problems, sexually transmitted infections—like human papillomavirus (HPV)—are linked to a number of different cancers. Protecting yourself from these infections can lower your risk. Getting girls and boys vaccinated against HPV will lower their cancer risk later in life.

8 GET SCREENING TESTS

There are a number of important screening tests that can help protect against cancer. Some of these tests find cancer early when they are most treatable, while others can actually help keep cancer from developing in the first place. For colorectal cancer alone, regular screening could save over 30,000 lives each year. That's three times the number of people killed by drunk drivers in the United States in all of 2014. Talk to a health care professional about which tests you should have and when.

Cancers that should be tested for regularly:

- Colon and rectal cancer
- Cervical cancer
- Breast cancer
- Lung Cancer (in current/past heavy smokers)



Are You at Risk? Know your risk. Change your future. Ever wonder whether or not you are at risk for a certain type of Cancer? Heart Disease? Diabetes? Osteoporosis? Stroke? A few clicks of the mouse at the "Your Disease Risk" Web site will tell you your risk. Answer a few questions about your medical history, eating habits, exercise and behaviors and you'll get a personalized estimate of your risk for each major disease plus tips on how to lower your risk. Go to yourdiseaserisk.org and find out how knowing your risk can change your future. For more information call 800-600-3606.



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