

HealthBreak

APRIL 2012

Cancer Control Month



NATIONAL CANCER CONTROL MONTH

More people are surviving cancer today than at any other time in history. While this is certainly great news, more than 1.6 million Americans will be diagnosed with the disease this year. Unfortunately, about 577,000 will die from cancer in 2012, more than 1,500 people a day. April is National Cancer Control Month, so it's a great time to learn the facts about cancer and what you can do to reduce your risk.

ARE YOU AT RISK?

Every one of us is at risk for developing cancer in our lifetime, but some of us are at a greater risk than others. In fact, the risk of a man in the United States developing cancer over his lifetime is approximately one in two, and roughly one in three for a woman. Understanding the most common risk factors is the key to determining which behaviors, if any, you need to adjust in order to improve your overall health and reduce your risk. There are some risk factors that you have no control over, such as family history, race/ethnicity and age. Since more than 75 percent of all cancers are detected after age 55, age is the single greatest risk factor. However, the following are other risk factors that you can control:

- Tobacco use
- Heavy alcohol drinking
- Physical inactivity
- Unprotected exposure to sunlight
- Poor diet
- Regular exposure to cancer causing agents

WHAT YOU CAN DO

By living a healthy lifestyle and getting regular screenings, you can help reduce your risk for developing numerous types of cancer. A healthy lifestyle includes these important actions:

Quit smoking. Research has found a strong link between tobacco use and many types of cancer. If you smoke or use smokeless tobacco, quitting is very important. Quitting can be tough, but not quitting has serious consequences. You can do it!

Be active. Getting regular physical activity is linked to a reduced risk of several forms of cancer. Accumulating a minimum of 150 minutes of moderately intense exercise, or 75 minutes of vigorous exercise each week has also been shown to help reduce stress, lower blood pressure, lower cholesterol and keep you at a healthy weight.

Eat well. A healthy diet may reduce your risk for developing cancer and other illnesses. Healthy eating emphasizes fruits, vegetables, low-fat or fat-free dairy and whole grains. It also includes lean meats, fish, poultry, eggs, nuts and beans. A healthy eating plan should be low in saturated fats, trans fats, added sugar, and salt.

Talk to your doctor about screenings. Cancer screenings can help find the disease at an early stage, even before symptoms appear. When cancer is found early, it may be easier to treat. For these reasons, it's important to talk to your doctor about cancer screening tests.

Contact a Health Coach at 866-564-5237 or visit www.OnlifeHealth.com for more information about lifestyle changes you can make to improve your health.