



National Cancer Awareness Week

April 18-24

“Cigarette smoking is the major cause of cancer mortality in the United States” according to the US Surgeon General’s Report. Smoking not only increases the risk of lung cancer but cancers associated with the mouth, esophagus, colon or bladder. Smoking is the cause of 87 % of lung cancers as well as one-third of all cancer deaths.

Overweight individuals are at an increased risk of developing cancers of the breast, colon, esophagus, stomach, pancreas & kidney.

Alcohol is associated with increased risk of developing mouth, throat, esophagus, liver, colon & breast cancer.

One-third of all cancer deaths are related to dietary factors and lack of physical activity.

What can you do to limit your exposure to certain cancers besides control your weight, avoid all forms of tobacco & limit your alcohol consumption?

- Select a variety of healthful foods with an emphasis on plant sources. Eat five or more servings of a variety of fresh fruits and vegetables every day. Limit fried foods and snack chips. Choose whole grain rice, bread, pasta & cereals instead of refined grains and sugars. Limit consumption of refined carbohydrates including pastries, sweetened cereals, soft drinks and sugars. Limit consumption of red meats, especially processed and those high in fat. When selecting meat, choose lean cuts and smaller portions. Prepare meat by baking, broiling or poaching meat instead of frying meat. Include fish, poultry and beans as a healthy alternative.
- Adopt a physically active lifestyle including moderate activity for at least 30 minutes 5 days of the week. Moderate to vigorous exercise at least 45 minutes 5 days per week may further reduce the risk of colon and breast cancer.
- Melanoma is the most serious form of skin cancer. The most prevalent risk factor is unprotected exposure to the sun although melanoma may appear on skin that is not exposed to the sun. Staying in the shade, using sunscreen as well as wearing a hat and shirt when in the sun lower these risks. Individuals with fair skin, especially those with red or blond hair are more at risk. Individuals that have suffered severe, blistering sunburns in childhood are more at risk to develop melanoma later. If you have moles or birthmarks monitor these areas for any changes & consult your physician.
- Self-monitoring should be done as well as screenings recommended by your physician based on your personal history. Prevention, early detection & early treatment are your best protection.

For more information contact Lonnie at extension 3744 or contact the American Cancer Society at 1-800-ACS-2345 or www.cancer.org.