

## EMPLOYEE ASSISTANCE PROGRAM

# NATIONAL CANCER PREVENTION MONTH

Nearly two million people in the United States will be diagnosed with cancer this year, and more than a half million will die. However, some experts believe that half of all cancer deaths can be prevented with early detection and lifestyle choices that contribute to good health.

Here are four tips to reduce your risk for cancer:

- **Don't smoke or use tobacco products.** Smoking is linked to lung, mouth, throat, pancreas, bladder, kidney, and other cancers. Chewing tobacco increases the risk of various head, neck, and mouth cancers, as well as pancreatic and esophageal cancer. If you're a smoker and need help quitting, ask your doctor about products that can reduce nicotine cravings and other methods to quit.
- **Maintain a healthy body weight and exercise regularly.** Eating more fruit and vegetables and limiting alcohol, red meat, and processed foods can help reduce your risk of certain cancers. Maintaining a healthy weight and physical activity can also lower your risk.
- **Protect your skin.** Skin cancer is one of the most common cancers, but also highly preventable. Use sunscreen generously, avoid exposure to midday sun, and avoid tanning beds.
- **Get regular medical care, screenings, and vaccinations.** Early detection can save lives. See your doctor for annual physicals and follow recommended guidelines for screening, including mammograms and colonoscopies. Stay current with vaccinations.

If you know someone with cancer, you can support them by being open and giving them the chance to vent, and by offering practical help for everyday household tasks and chores. Offer to do the grocery shopping, pick up a prescription, or run other errands. Sometimes little things mean the most and go a long way toward making the person's life easier.

