



**REDUCE YOUR RISK FOR CANCER**  
**April – National Cancer Control Month**

Cancer is the 2<sup>nd</sup> most common cause of death in this country. Approximately 1 out of 2 American men and 1 out of 3 American women will have some type of cancer at some point in their life with 77% of all cancers being diagnosed in people over the age of 55. These statistics might sound grim, but there are things that YOU can do to reduce YOUR risk!

According to the American Cancer Society . . .



1. **Don't use tobacco!**
2. **Eat a healthy diet** that contains plenty of fruits and vegetables; limit your fat intake and drink alcohol in moderation.
3. **Maintain a healthy weight and stay physically active.** Excess weight has been linked to an increased risk for breast, prostate, lung, colon and kidney cancer.
4. **Protect yourself from the sun** because skin cancer is one of the most preventable types of cancer. You do this by avoiding midday sun; stay in the shade; cover exposed areas; use sunscreen often and avoid tanning beds!
5. **Get immunized** against Hepatitis B and HPV.
6. **Take early detection seriously.** Regular self-exams (breast and testicular) as well as professional screenings such as mammograms, colonoscopy and a prostate specific antigen blood test, can increase your chances of discovering cancer early when treatment can be most successful.

For more information go to [www.cancer.org](http://www.cancer.org)



**The Medical  
Center of Plano**