



## CANCER PREVENTION MONTH

For most Americans who do not use tobacco, the most important cancer risk factors that can be changed are **Body Weight, Diet, and Physical Activity**. One-third of all cancer deaths in the United States each year are linked to diet and physical activity, including being overweight or obese, while another third is caused by tobacco products.



### Maintain a Healthy Weight Throughout Life

- ✓ Be as lean as possible throughout life without being underweight.
- ✓ Avoid excess weight gain at all ages. For those who are overweight or obese, losing even a small amount of weight has health benefits and is a good place to start.
- ✓ Get active and limit intake of high-calorie foods and drinks to help maintain a healthy weight.

### Body Weight and Cancer Risk

Being overweight or obese is clearly linked with an increased risk of several types of cancer:

- Breast (among women who have gone through menopause)
- Colon and rectum
- Endometrial (lining of the uterus)
- Esophagus
- Kidney
- Pancreas

### Benefits of Physical Activity

Physical activity may reduce the risk of several types of cancer:

- Breast
- Colon
- Endometrial (lining of the uterus)
- Prostate

## **DON'T FORGET ABOUT THE MEDICAL CENTER OF PLANO'S FREE CANCER SCREENING DAY . . .**

**Saturday, April 28 • 8 am – Noon • Hospital Atrium**  
**Melanoma screening, Thyroid cancer screening (9-11AM), Head and Neck screening, oral cancer screening and more!!**



The Medical Center of Plano