

PREVENTION

5 choices you can make

Help yourself to good health! Many cancers can be prevented by living a healthy lifestyle. Here are 5 choices that you can make to help stay healthy.



1. don't use tobacco

Say NO to tobacco products, including smokeless (chewing) tobacco. This is the single most important thing you can do to prevent lung cancer and many other diseases.



2. eat healthy

Make a special effort to eat mostly plant-based foods like vegetables, fruits, and whole grains. Make your own meals using whole foods as ingredients, not "instant." Eat a variety of protein like lean meats, poultry, fish, and beans. Eat less saturated fat, sugar, and sodium.



3. find time for fitness

Exercise at least 30 minutes a day, five days a week. Children should exercise 60 minutes each day. Take the stairs, park farther away, cycle, garden. The choice is yours—just get moving!



4. save your skin

Avoid the midday sun. When you are in the sun, wear a hat and long sleeves. Use sunscreen with an SPF of 30 or higher. Avoid tanning beds and sunlamps. Check your skin on a regular basis and tell your doctor about any changes.



5. get screened

Cancer screening saves lives. Talk to your doctor about which tests are right for you. Get screened regularly.

DO THESE 5 THINGS

Many cancers and cancer deaths can be prevented. Make these choices to help yourself be healthy!



www.kcp.uky.edu

These are general guidelines and recommendations. For more detailed information, visit www.cancer.gov, www.cancer.org, and www.cdc.gov.

SCREENING

5 cancers to know about

Cancer screening looks for cancer before a person has symptoms. When cancer is found early, it may be easier to treat. These cancer screening guidelines are for people of average risk for developing cancer. People with higher risk may need to be screened more often or at an earlier age than other people.

1. breast cancer

Women age 40 and older should talk to their doctor about when to start mammograms and about how often to have them.



2. cervical cancer

Starting at age 21, regular Pap tests can prevent cervical cancer or find it early. The HPV vaccine may also prevent cervical cancer. It is recommended for both boys and girls beginning at age 11.



3. colorectal cancer

Several screening tests can prevent colorectal cancer or find it early. People age 50 and older should talk with their doctor about which test is right for them.



4. prostate cancer

Screening for prostate cancer is based on age, race, family history, and other factors. Men should talk with their doctor about whether screening is right for them.



5. lung cancer

Screening for lung cancer using a low dose CT Scan may be recommended for people age 55 and older with a history of heavy smoking. Talk to your doctor to see if this test is right for you.



CANCER SCREENING SAVES LIVES

Protect your health. Get screened regularly.