

National Cancer Prevention Month

The American Institute for Cancer Research estimates that approximately one-third of cases of the most common cancers in the U.S. could be prevented by eating healthy, being active, and staying lean. That's an estimated 374,000 cases of cancer in the United States that would never happen. The choices we make every day affect our chances of getting cancer. Three factors that we control have a lot to do with our risk of developing this terrible disease.

✓ HOW MUCH WE MOVE

Be physically active every day in any way for 30 minutes or more

✓ HOW MUCH WE WEIGH

Aim to be a healthy weight throughout life

✓ WHAT WE EAT

Choose mostly plant foods, limit red meat and avoid processed meat

✓ PREVENTING CANCER

For the greatest protection, combine all three



All Cancers	Lung Cancers
Bladder Cancer	Lymphoma
Brain Cancer	Melanoma
Breast Cancer	Multiple Myeloma
Cervical Cancer	Ovarian Cancer
Childhood Cancer	Pancreatic Cancer
Colon Cancer	Prostate Cancer
Esophageal Cancer	Sarcoma/Bone Cancer
Head & Neck Cancer	Stomach Cancer
Kidney Cancer	Testicular Cancer
Leiomyosarcoma	Thyroid Cancer
Leukemia	Uterine Cancer
Liver Cancer	Honors Caregivers

Seven Steps to Prevent Cancer



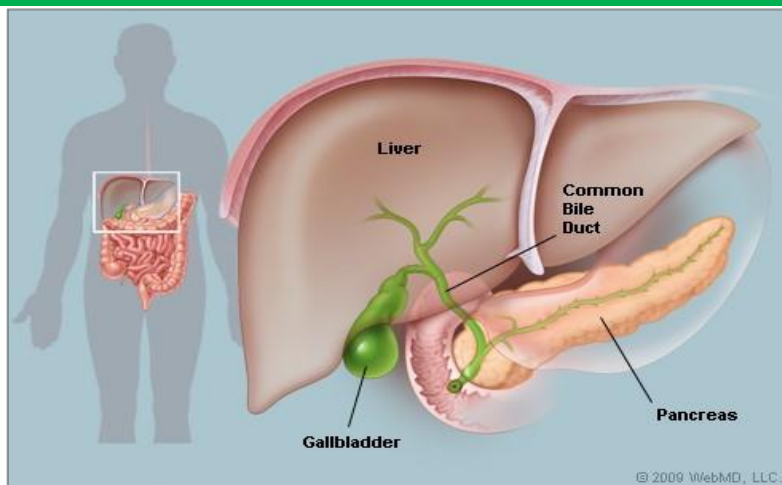
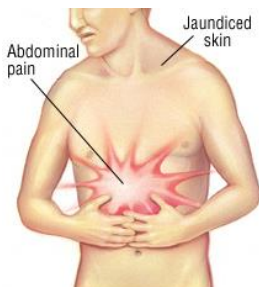
- 1 Don't use tobacco.
- 2 Protect your skin from the sun.
- 3 Eat a healthy diet.
- 4 Maintain a healthy weight and be physically active.
- 5 Practice safer sex and avoid risky behaviors.
- 6 Get immunized (HPV & hepatitis vaccines).
- 7 Know your family medical history and get regular cancer screenings.

To learn more, please visit www.preventcancer.org

Cancer Prevention Resources

- ✓ American Cancer Society 800-227-2345 www.cancer.org
- ✓ American Institute for Cancer Research www.aicr.org
- ✓ Centers for Disease Control and Prevention www.cdc.gov
- ✓ National Cancer Institute www.cancer.gov
- ✓ World Health Organization www.who.int

Gallbladder and Bile Duct Awareness Month



Gallbladder and bile duct cancer are rare, which is why it is important to learn about the signs and symptoms. These cancers usually cause few symptoms until they reach an advanced stage and have spread to other organs and tissues.

Common Symptoms: Jaundice (a condition in which the skin and the whites of the eyes become yellow, urine darkens, and the color of stool becomes lighter than normal) and itchy skin (which can occur when a tumor blocks the bile duct) often are the first signs of bile duct cancer.

Other symptoms may include: general feeling of poor health or weakness, loss of appetite, weight loss, fever, fatigue, bloating, and/or swelling of the legs

Harvard Medical School sites the most common means to prevent and lower your risk of these cancers is by maintaining a healthy weight, preventing hepatitis, and avoiding tobacco. Also, if you have an inflammatory bowel disease, such as ulcerative colitis, you have an increased risk of gallbladder and bile duct cancers. Your doctor may evaluate you for these cancers during routine exams.