

# CANCER PREVENTION AND YOU

Little decisions you make every day can have a dramatic impact on your current and future health!



## Here are some key strategies for cancer prevention:

- **Eat fruits and vegetables daily** for protective phytochemicals and antioxidants.
- **Avoid grilled, smoked, and processed meats** such as bacon, sausage, and lunch meats.
- **Let go of excess weight.** Studies have shown that even modest weight loss can reduce those risks significantly.
- **Drink alcohol in moderation (if at all).** That's 1 drink (12 ounces of beer, 5 ounces of wine, or 1½ ounces of 80-proof liquor) per day for women and a maximum of 2 drinks per day for men.
- **Get regular cancer screenings.** Check with your healthcare provider to determine which screenings and how often.

## YOUR WELLBEING ACTIVITY

### KNOW YOUR NUMBERS

Learn where you stand in key health metrics: weight/BMI, blood pressure, cholesterol and blood sugar/glucose.