

# Knowledge is Power

## Cancer Prevention

### Knowledge = Power

Cancer is a frighteningly broad term. Fortunately, there is a wealth of information available that covers numerous types, stages, risk factors and treatment techniques.

This month, **use your family history or a conversation with your doctor** as a starting point, **then do some independent research** about how you can limit or eliminate risk factors in your life.

### Research Worksheet

I studied:

because of

*(family history, personal history, lifestyle choice, physician recommendation, etc.).*

I discovered:

*(Write down what you learned: unknown or unexpected risk factors, avoidance tips, etc.)*

To reduce my risk factors and increase my chances of remaining cancer-free, I plan to make the following changes:



# Employer Activity Tracking

Please complete the following information and submit it to your employer to receive credit for this activity:

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Did you study a specific type of cancer or cancer risks in general?

YES     NO

What change(s) do you plan to make to increase your chances of remaining cancer-free?

Only provide details you are comfortable sharing with others.

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