

SEPTEMBER WELLNESS:

LIFESTYLE CHOICES FOR DECREASING YOUR RISK OF CANCER



There are healthy lifestyle choices that can help decrease your risk of developing cancer.

One important component of this is being sure to follow cancer screening guidelines.

For a list of recommended screenings by age, click here: [Cancer Screening Guidelines by Age](#)

Go to the top of the page to find tabs that provide information on screenings by age groups.

In addition to scheduling recommended screenings, there are lifestyle habits that can be implemented to decrease your risk of developing cancer. These habits include the following:

- **Discontinue the use of tobacco, and stay away from secondhand smoke.**
For assistance in discontinuing tobacco use, call 1-800-227-2345 or click here: [How to Quit Using Tobacco](#) for tips and support.
- **Avoid excessive weight gain and maintain a healthy weight.** It is estimated that 11% of cancers in women and 5% in men can be attributed to excess body weight. On the American Cancer Society website, it says that obesity is “clearly linked” to an increased risk to over 12 types of cancer. Some studies indicate that weight loss can lower the risk of some types of cancer, specifically indicating breast cancer after menopause and endometrial cancer, as well as other types of cancer. To assist in weight control, incorporate healthy eating habits and stay physically active. For addition information, click here: [Body Weight and Cancer Risk](#)
- **Move and stay active.** Physical activity has been shown to offer many health benefits; including assisting in weight loss. As mentioned above, weight loss can lower the risk of some cancers. In additional, there is a link between physical activity and the lowered risk of some types of cancer, including breast cancer, colon cancer and stomach cancer. Click here to find the full list: [Benefits of Physical Activity](#) Aim for the weekly recommended amount of physical activity: 150 - 300 minutes of moderate-intensity or 75-100 minutes of vigorous-intensity.
- **Eat healthy.** On the American Cancer Society website, it indicates that “healthy dietary patterns” have been linked with a lowered risk of certain types of cancer. A healthy dietary pattern consists of consuming mainly plant foods (whole fruits, non-starchy vegetables, whole grains, nuts/seeds and legumes) and healthy protein sources (higher in legumes, fish and poultry, and lower in red meat or processed meat). A healthy dietary pattern also consists of limiting added sugar, saturated and/or trans fats and excess calories.
- **Avoid or limit alcohol use.** Alcohol use is the third risk of cancer (which can be prevented), after smoking and excess body weight. It accounts for 6% of all cancers. Women should not have more than 1 drink per day, and men should not have more than 2 drinks per day.

For additional information from the American Cancer Society, click here:

[Guideline for Diet and Physical Activity](#) and [Healthy Lifestyle Choices for Everyone](#)