



## REDUCE YOUR RISK FOR CANCER DURING NATIONAL CANCER PREVENTION MONTH

February 07, 2022 – February is National Cancer Prevention Month and District Health Department #10 (DHD#10) is sharing six lifestyle changes everyone can make to lower their risk of developing cancer.

According to the Centers for Disease Control and Prevention (CDC), cancer is the second leading cause of death in the United States; however, many kinds of cancer can be caught early or prevented entirely. That's why the below lifestyle changes and regular cancer screenings are more important than ever before.

### 1. Don't Smoke or Aim to Quit

- Smoking and secondhand smoke cause 90% of lung cancer deaths in the United States
- The use of tobacco products is linked to cancers of the larynx, mouth and throat, esophagus, urinary bladder, kidney, pancreas, cervix, colon, rectum, liver, and stomach

### 2. Protect Your Skin from the Sun

- Skin cancer is the most common and preventable cancer in the United States
- Be sure to use adequate sun protection year-round and never use indoor tanning beds

### 3. Maintain a Healthy Weight

- Overweight and obesity are associated with at least 13 types of cancer, including endometrial (uterine), breast, and colorectal cancer
- Controlling your weight through physical activity and healthy eating reduces your risk for cancer

### 4. Limit Alcohol Intake

- Heavy drinking and binge drinking increases the risk of breast, liver, colon, rectum, mouth, pharynx, larynx, and esophagus cancer
- Men should have no more than two alcoholic drinks per day and women no more than one

### 5. Practice Safer Sex and Get Vaccinated Against Infectious Disease

- Unprotected sex can spread both Human Papillomavirus (HPV) and Hepatitis B
- If left untreated, HPV, Hepatitis B, and Hepatitis C are linked to many cervical and liver cancer cases

### 6. Know Your Family Health History and Get Regular Cancer Screenings

- Knowing your family health history can help you and your doctor determine which screening tests are needed and when
- Regular cancer screenings are essential to detect cancer or precancerous conditions before symptoms occur

To learn more about DHD#10's programs to prevent cancer, including Breast and Cervical Cancer Control Navigation, Family Planning, and Tobacco Cessation, or to schedule a regular cancer screening appointment, call 888-217-3904, or visit [www.dhd10.org](http://www.dhd10.org).



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