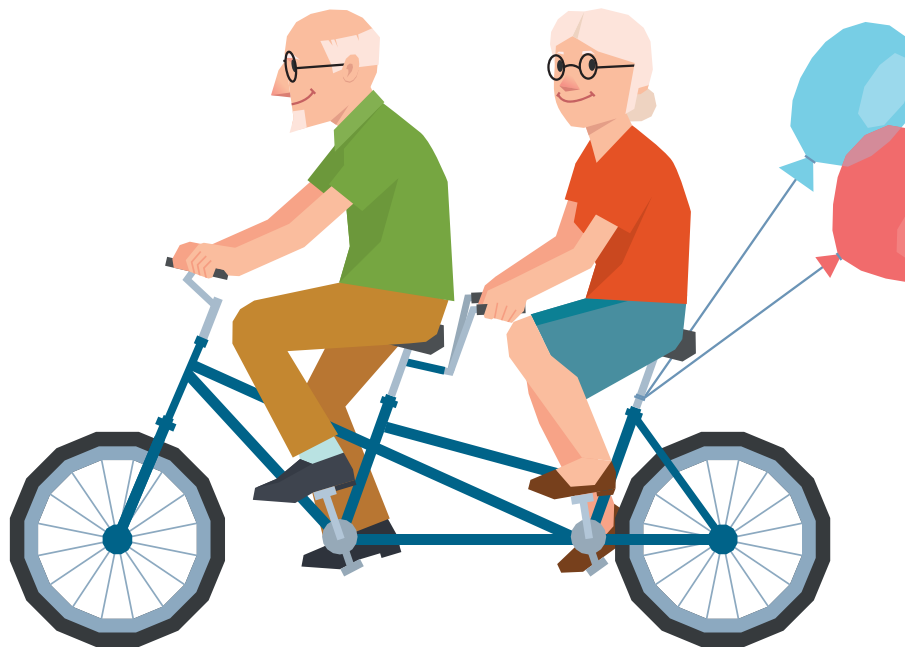


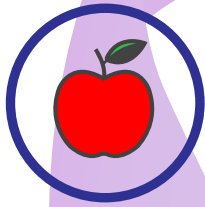
7 TIPS TO HELP REDUCE YOUR RISK OF CANCER



Cancer. It's a word that strikes fear into our hearts. Approximately 1.7 million new cancer cases are expected to be diagnosed this year in the United States. With ongoing medical research, more effective treatments are being developed for some types of cancer. While approximately 5-10% of all cancers are hereditary, many other types can be prevented by adapting a healthy lifestyle. Here are 7 tips from the Mayo Clinic to help reduce your risk of cancer:

EAT A HEALTHY DIET

Your diet should include plenty of fruits and vegetables and limited amounts of processed meats. Consume alcohol in moderation as the risk for certain types of cancer increases with the amount of alcohol you drink and the length of time you're been drinking regularly. Maintain a healthy weight by eating less high-calorie foods, such as refined sugars and animal fat.



DON'T USE TOBACCO

Smoking puts you at risk for developing lung, mouth, throat, larynx, pancreas, bladder, cervical and kidney cancers. Chewing tobacco can lead to cancer of the oral cavity and pancreas. If you don't smoke, great! If you do, stop! It's the #1 lifestyle change you can make to improve your overall health.



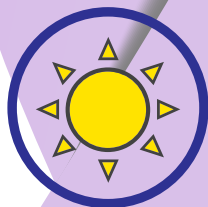
BE PHYSICALLY ACTIVE

Exercise can help you control your weight and can also help lower the risk of breast and colon cancers. Strive to get a minimum of 30 minutes of physical exercise every day, more if you're able.



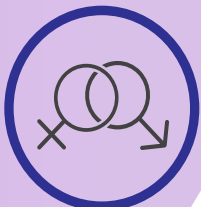
PROTECT YOURSELF FROM THE SUN

Skin cancer is one of the most common kinds of cancer, and one of the most preventable. To lower your risk, avoid midday sun (between 10 a.m. and 2 p.m.); stay in the shade as much as possible; wear protective clothing (don't forget your hat); use generous amounts of sunscreen; and avoid tanning beds and sunlamps.



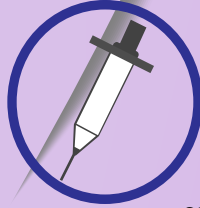
AVOID RISKY BEHAVIORS

Certain risky behaviors can lead to infections that can, in turn, increase your risk of cancer. Practice safe sex to avoid contracting a sexually transmitted disease, such as HIV or HPV. Don't share needles, which can lead to HIV and hepatitis B and C.



GET IMMUNIZED

Cancer prevention includes protection from certain viral infections, including hepatitis B, which can lead to liver cancer, and human papillomavirus (HPV), which can result in cervical and other genital cancers as well as cancers of the head and neck.



GET REGULAR

Regular self-exams and screenings for various types of cancers – such as cancer of the skin, colon, cervix and breast – can increase your chances of discovering cancer early when treatment is most likely to be successful.



MEDICAL CARE

These simple lifestyles changes can go a long way to reducing your risk of developing cancer as well as many other diseases. Take care of your body and it will take care of you!