

South Central's Health on Blast

National Cancer Prevention Month

- National Cancer Institute estimating one in two adults will get cancer in his or her lifetime.
- Over one-third of all cancers can be prevented by healthy diet, physical activity and weight management.
- Choose mostly plant foods, limit red meat and avoid processed meat.
 - ❖ link has been found between red and processed meats and colon cancer
- Be physically active every day in any way for 30 minutes or more.
 - ❖ will lower your risk for colon cancer
- Aim to be a healthy weight throughout life.
 - ❖ carrying excess weight has been linked to six different types of cancer
- Get Screened to increase chances of early detection.

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Tips to Keeping Cancer at bay

- Eat Organic
- Exercise
- Reduce Stress
- Avoid cosmetics with parabens, formaldehyde , petroleum distillates
- Limit household cleaners with chlorine bleach, ammonia, nitrobenzene
 - Try organic dry cleaning

Cancer Treatment Centers of North Caroline- Hotline 919-510-5660