

The COLORS of CANCER AWARENESS

Diet and exercise affect your risk for cancer much more than you might think. Research shows that poor diet and not being active are two key factors that can increase a person's cancer risk. The good news is that you do something about this. Here are some of the most important things you can do to help reduce your cancer risk:

- Quit smoking.
- Get to and stay at a healthy weight throughout life.
- Be physically active on a regular basis.
- Make healthy food choices with a focus on plant-based foods.


The World Cancer Research Fund estimates that about 20 percent of all cancers diagnosed in the US are related to body fatness, physical inactivity, excess alcohol consumption, and/or poor nutrition, and therefore could be prevented. Other ways to protect yourself from cancer: Limit alcohol, protect your skin from the sun, get regular screenings if you're in a high risk group, and get the HPV vaccine.

Source: American Cancer Society

How to help those with cancer

Fighting cancer can leave our friends, family, neighbors and coworkers feeling weak and tired and unable to eat certain foods. Here are some ways to help:


- Find out what they can eat, and make them a healthy homemade meal.
- Drive them to medical appointments.
- Offer to take care of children or pets.
- Pick up items they need from the store or pharmacy, especially heavy things.
- Help with yard work or household chores.
- Bring them small gifts like DVDs, magazines, cozy socks, audiobooks or cards.
- Spend time with them.


February is the month National Cancer Prevention

According to the American Cancer Society, cancer is a group of diseases characterized by uncontrolled growth and spread of abnormal cells.

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Bursch Travel
324 Broadway, Suite 104
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320.762.1544




March is the month Kidney Cancer

Kidney cancer affects men almost twice as often as women, most commonly between the ages of 50 and 70.

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March is the month Myeloma Cancer

Multiple myeloma, a cancer of the plasma cells, is an incurable but treatable disease that affects 1 in 159 Americans.

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March is the month Colon Cancer

Colon cancer ranks as the fourth most commonly diagnosed cancer in American men and women, and the second leading cause of cancer deaths.

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April is the month Head & Neck Cancer

75 percent of head and neck cancers are linked to tobacco use, including smoking and smokeless tobacco. This cancer affects the throat, larynx, nose, sinuses and mouth.

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514 22nd Ave W
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May is the month Melanoma Cancer

While melanoma may only account for a low percentage of skin cancer cases, it causes the most skin cancer-related deaths.

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May is the month Intraocular Cancer

Primary intraocular cancers are cancers that start inside the eyeball. Melanoma is the most common in adults, followed by primary intraocular lymphoma.

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SIGNATURE EYE CARE
2210 So. Hwy 29 So.
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alexvisionsource.com




May is the month Brain Cancer

Cancerous brain tumors are life threatening because they have a highly aggressive and invasive nature. Brain cancer is the leading cause of cancer-related death in patients younger than age 34.

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July is the month Bone Cancer

Most commonly affects the pelvis or the long bones in the arms and legs. Bone cancer is rare, making up less than 1 percent of all cancers.

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623 Hawthorne St., Alexandria
401 Kron St. Evansville
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soderholminsurance.com




September is the month Childhood Cancer

Each year in the United States, approximately 12,000 children and adolescents are tragically diagnosed with cancer.

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HOSPICE of Douglas County
809 Elm Street
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September is the month Prostate Cancer

1 in 6 men will develop prostate cancer during his lifetime; but if caught early, about 99% survive. Prostate cancer is the second leading cause of cancer death in American men.

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September is the month Ovarian Cancer

Ovarian cancer is the most deadly cancer of the female reproductive system, killing more than 50% of American women diagnosed within five years.

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ALEXANDRIA TECHNICAL & COMMUNITY COLLEGE
Department of Nursing
1601 Jefferson St.
Alexandria
320.762.0221




September is the month Leukemia Cancer

Leukemia is a cancer of the white blood cells. There are four major types of leukemia: Acute Myelogenous Leukemia, Acute Lymphocytic Leukemia, Chronic Myelogenous Leukemia and Chronic Lymphocytic Leukemia.

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September is the month Lymphoma Cancer

According to the American Cancer Society, about 70,000 Americans will be diagnosed with non-Hodgkin Lymphoma.

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September is the month Uterine Cancer

Cancer of the uterus is the most common cancer of the female reproductive system. Uterine cancer typically affects women in middle-age or later in life.

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Viking Plaza
3015 Hwy. 29 S
Alexandria
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www.vikingplaza.com




October is the month Breast Cancer

Every two minutes, a woman in the United States is diagnosed with breast cancer. Breast cancer is the leading cancer among Caucasian and African American women.

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November is the month Lung Cancer

Lung cancer kills more Americans every year than any other type of cancer, and is the leading category of cancer death in both men and women.

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November is the month Pancreatic Cancer

The risk of developing pancreatic cancer before the age of 40 is low, but increases with age.

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