

Get Plenty of Exercise

- Develop your daily exercise plan.
- Build up to 30-minute periods of exercise, five or more days a week.
- Pick activities you enjoy.
- Do stretching, aerobic and strength-building exercises.

Avoid Exposure to Hazardous Substances

- Know hazardous substances, such as asbestos, radon, lead and vinyl chloride.
- Wear safety equipment.
- Don't smoke.
- Minimize X-ray exposure.
- Read labels when using household chemicals such as weed killer, bug spray and cleaning products.
- Call the Tennessee Poison Center (1-800-222-1222) if you are concerned about exposure to a hazardous substance.

Use Health Screenings for Early Detection

- Have regular checkups.
- Men should practice testicular exams (self-exams) and get prostate screenings.
- Women should practice breast exams (self-exams) and get mammograms and clinical exams.
- Follow your doctor's advice about colon/rectal screenings.

For more information on cancer and health, contact:

Visit the UT Extension Health and Safety website at <http://fcs.tennessee.edu/healthsafety>.

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Do You Know How to Lower Your Risk for Cancer?



**a wellness publication written by
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You can protect your health and lower your risk for cancer by learning self-care skills and making lifestyle changes.

(✓) Check the health actions you plan to try.

Know What Cancer Is

Cancer is a major killer. The word cancer refers to diseases in which the cells grow out of control. These abnormal cells form growths called tumors. Some tumors are benign (noncancerous), and others are malignant (cancerous). Detecting a cancerous tumor early can save your life.

Cut Your Cancer Risks

- Anyone can get cancer.
- The causes of cancer are not completely understood.
- Your risk of cancer is influenced by your heredity, lifestyle and environment.
- Eighty percent of all cancers are related to a few factors.
- You can cut your risk.

Know the Seven Warning Signs

See your doctor if you have any of these symptoms:

- Change in bowel or bladder habits.
- Sore that does not heal.
- Unusual bleeding or discharge from the vagina.
- Thickening or lump in the breast or elsewhere.
- Indigestion or difficulty swallowing.
- Obvious change in wart or mole.
- Nagging cough or hoarseness.

Protect Your Skin

- Limit tanning.
- Avoid sun lamps and tanning beds.
- Wear a hat.
- Stay out of the sun between 10 a.m. and 3 p.m.
- Use sunscreen with an SPF of 15 or more.
- Avoid sunburn.
- Check your skin monthly.



Know the ABCDs of Skin Cancer

Asymmetry: One-half of a mole doesn't match the other half.
Border irregularity: Edges of mole are ragged, notched or blurred.
Color: The color has changed.
Diameter: Mole is wider than $\frac{1}{4}$ inch or is getting larger.

Avoid Tobacco

- If you smoke, quit.
- Don't chew.
- Put down the pipe and cigar.
- Avoid secondhand smoke.

Eat Right

- Cut the fat.
- Eat fruits and vegetables daily and choose more whole grains.
- Reduce your intake of barbecued, smoked or salt-cured foods.
- If you drink alcohol, use moderation.
- Shed excess pounds.