

Taking Control of Your Health

Reduce Your Cancer Risk

- Stay away from tobacco.
- Maintain a healthy weight.
- Get moving with regular physical activity.
- Eat healthy with plenty of fruits and vegetables.
- Limit how much alcohol you drink.
- Protect your skin from the sun.
- Know yourself, your family history and your risks.
- Have regular check-ups and cancer screening tests.

Regular Cancer Screening Saves Lives

- Screening can detect cancers early.
- Treatment may be more effective when found early.
- Talk to your doctor today about getting screened.

Did You Know?

A 2005 study at Harvard Medical School found that lifestyle factors like weight, diet, tobacco and alcohol use are the cause of 1 in 3 cancer deaths.



For more information, call City-County Health Department at 791-9272 or 452-0881 x308 or visit www.cchdmt.org