



Tantallon Community Medical Clinic Newsletter

April 2014

When it comes to cancer screening and prevention, what can you do?

1. LIVE WELL!

- Quit smoking
- Don't overeat and eat a diet full of fruits and vegetables
- Get fit! Challenge yourself to a brisk, 30 minute walk every day of your life! I
- Avoid alcohol
- Don't use tanning beds and use sunscreen when outdoors
- Adopt as many healthy habits as possible. Bike on the weekends; have 1 or 2 vegetarian meals a week, increase healthy snacks and avoid "sweet treats".

2. BE AWARE!

- Of your family genetics, that is, what "runs in your family", e.g. bowel cancer, ovarian cancer, breast cancer.
- That some viruses (like HPV and cervical cancer) and bacteria (H.pylori and stomach cancer) can cause cancer. Remember also that Hepatitis B and C can cause liver cancer.
- Of harmful substances in your environment and minimize them if possible (BPA plastics, nonstick cookware, asbestos, second hand smoke)

3. WHAT CAN YOU DO?

- Share your own personal story of cancer with friends, at a school or in the community.