

Safety Tip of the Week **National Cancer Prevention Month**

AFRH

Safety Office reminds you that February marks the National Cancer Prevention Month lets spread the word and take action in order to live better, healthier, and happier lives. Cancer is said to be the world's leading cause of death in 2020.



4 IMPORTANT FACTS ABOUT CANCER

1. Cancer is a leading cause of death

Breast 2.26 million cases, Lung 2.21 million cases

2. Cancer research has decreased death rates

More effective cancer treatment has decreased the death rate according to the American Cancer Society and, more specifically, lung cancer.

3. Smoking increases your risk of lung cancer

The most effective preventative measure against the disease is to stop smoking.

4. Diet and Physical activity is equally important

How you eat, rather than specific foods or nutrients, is important in reducing the risk of cancer and boosting overall health.

Guidelines and Recommendations

- It is best not to drink alcohol.
- Get to and stay at a healthy body weight throughout life.
 - If you're overweight or obese, losing even a few pounds can lower your risk for some types of cancer.
- Spend less time sitting or lying down. This includes time looking at your phone, tablet, computer, or TV.
- Adults should get 20-40 min of moderate physical activity 5-6 days per week
- Eat a colorful variety of fruits & vegetables, and plenty of whole grains and brown rice.
- Avoid or limit eating red meats such as beef, and processed meats such as bacon, sausage, deli meats, and hot dogs.
- Avoid or limit sugar-sweetened beverages, highly processed foods, and refined grain products.

Click here for additional info:

<https://www.communitycancercenter.org/nutrition/national-cancer-prevention-month/>

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