

## Cancer Prevention Month May 2021

Did you know that according to the WHO, between 30-50% of all cancer cases are preventable? Prevention is the first and most important step towards a long-term, cost-effective strategy for the control of cancer. Below you will find some important tips to think about for your own life.

### ❑ Focus on building a healthy, well-rounded diet.

- Eat plenty of fruits and vegetables.
- Maintain a healthy weight.
- Limit processed meats and sugars.
- If you choose to drink alcohol, do so only in moderation.

### ❑ Maintain a healthy weight and be physically active.

- Strive to get at least 150 minutes a week of moderate aerobic activity.
  - Alternatively, you could perform 75 minutes a week of vigorous aerobic activity.
- A general goal of at least 30 minutes of physical activity in your daily routine will provide you with a plethora of physical and emotional benefits.
  - Try walking up and down stairs on your work breaks.
  - Do a quick 30 minute run during lunch.
  - Take advantage of time in between meetings and to stand up and stretch.

### ❑ Have an annual physical performed by your Primary Care Physician.

- Regular self-exams, screenings, and annual check-ups can increase your chances of discovering cancer early, when treatment is most likely to be successful.
- Ask your doctor about any other cancer screenings you should be scheduled for based on your age.

### ❑ Take advantage of the University's cancer and health education webinars in May.

- Cancer Prevention: A Comprehensive Guide (5/6)
- The Importance of Annual Physicals (5/13)



THRIVE

WELLNESS PROGRAM

## Helpful Resources

- ❑ **Cancer Prevention: 7 Tips to Reduce Your Risk**
- ❑ **World Health Organization's Cancer Data Sheets**
- ❑ **American Cancer Society's Early Detection Facts & Figures**
- ❑ **Health Advocate's 21 Well-Being Tips For 2021**
- ❑ **Human Resources Wellness Webinar Collection**

## Contact Information

- ❑ **Health Advocate**  
(866) 799-2728  
[www.myhealthadvocate.pepperdine.edu](http://www.myhealthadvocate.pepperdine.edu)
- ❑ **Human Resources**  
**Thrive Wellness Program**  
(310) 506-4190  
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