

Cancer Prevention Month: March 2022

Cancer prevention is action taken to lower the chance of getting cancer. By taking the right actions to prevent cancer, the number of new cases can be lowered which helps to reduce the undue burden that cancer can cause (NIH, 2022). To get on the right track for preventing cancer, here are some helpful tips (NIH, 2022).

Changes in Diet and Lifestyle:

- Make healthy food choices like eating more fruits, vegetables, whole grains, lean meats, and low-fat dairy products.
- Consume less alcohol, salt, saturated fat, and added sugar.

Finding Precancerous Conditions Early:

- Explore American Cancer Society's [screening options](#) which include: mammograms, prostate, colorectal, and lung cancer screenings.

Avoid or Control Things Known to Cause Cancer:

- [Cigarette Smoking and Tobacco Use](#): Find additional resources and information about Smoking Cessation options on Health Advocate
- Infections
- Radiation
- Immunosuppressive Medicines After Organ Transplant
- Environmental Risk Factors

Protect Yourself from the Sun:

- Skin cancer is one of the most common kinds of cancer — and one of the most preventable.

Maintain a Healthy Weight and be Physically Active:

- Maintaining a healthy weight by exercising might lower the risk of various types of cancer, including cancer of the breast, prostate, lung, colon and kidney.



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Helpful Resources

- CDC's [Healthy Choices to Lower Your Cancer Risk](#)
- Mayo Clinic: [7 Tips to Reduce Your Risk](#)
- American Cancer Society: [Guidelines for the Early Detection of Cancer](#)
- Human Resources: [Wellness Webinar Collection](#)

Contact Information

- Health Advocate
 - (866) 799-2728
 - www.myhealthadvocate.pepperdine.edu
- Human Resources Thrive Wellness Program
 - (310) 506-4397
 - community.pepperdine.edu/hr/wellness