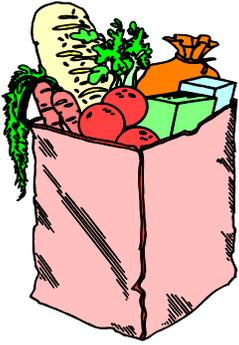


CANCER PREVENTION TIPS

DO NOT USE ANY TOBACCO PRODUCTS. Call the NJ Quitline at (866) 657-8677 or visit www.nj.quitnet.com for help.

MAINTAIN A HEALTHY WEIGHT. Throughout your life, be as lean as possible without becoming underweight.

EXERCISE. Get some physical activity for at least 30 minutes on most days of week. Check with your health care provider before you begin any new exercise routine.



WHAT YOU EAT IS IMPORTANT.

- ◆ Avoid sugary drinks. Limit consumption of energy dense foods, particularly processed foods high in added sugar, high in fat, or low in fiber.
- ◆ Eat a variety of vegetables, fruits, whole grain products and legumes.
- ◆ Limit how much red meat you eat, especially higher fat cuts of beef, pork, lamb and processed meats such as bologna, salami and hot dogs. Trim the skin and fat off chicken and turkey.
- ◆ Choose reduced or fat free dairy products including milk, cheese, and yogurt.
- ◆ Limit consumption of high sodium (salty) foods and foods cured with salt.

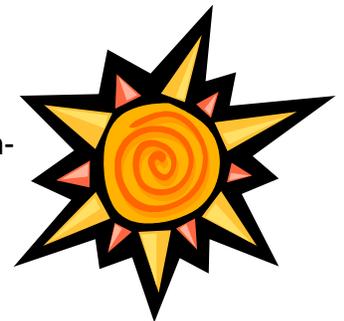
DRINK ALCOHOL IN MODERATION, OR NOT AT ALL ... at the most, that's two drinks per day for men and one drink per day for women.

DO NOT RELY ON SUPPLEMENTS. It's tempting to think that a pill can protect you from cancer. While many protective compounds can be isolated from their source foods (beta carotene, omega-3 fatty acids, vitamins C & E, selenium, etc), it's still best to get these substances from a variety of real foods.

COOK CAREFULLY. Meat, chicken and fish must be cooked to an adequate internal temperature to kill harmful microorganisms. However, frying, broiling or grilling meats at very high temperatures may produce some cancer promoting chemicals in charcoal broiled meat products. Stew, steam, poach or microwave meats to produce fewer of these chemicals.

PROTECT YOUR SKIN FROM THE SUN'S UV RAYS.

- ◆ Avoid direct sun exposure from 10 AM until 4 PM when the sun is strongest.
- ◆ Use a "broad spectrum" sunscreen that protects you from both types of harmful rays (UVA & UVB). *Apply sunscreen frequently and generously.*
- ◆ Wear a t-shirt and wide brimmed hat that shades your face, ears, and neck.
- ◆ Wear sunglasses with UV protection.
- ◆ Don't use sun lamps or go to tanning salons.



HAVE REGULAR CHECK-UPS. Ask your health provider about age specific cancer screening tests. When cancer does occur, **early detection** - a combination of regular self exams (skin, breast and testicular) and periodic, clinical examinations - and **treatment** saves lives.

KNOW CANCER'S SIGNS AND SYMPTOMS. If you have any of these unexplained and/or persistent symptoms for more than two weeks, seek advice from your medical care provider.

Change in bowel/bladder habits

A sore that does not heal

Unusual bleeding or discharge

Thickening of tissues

Indigestion or difficulty swallowing

Obvious change in a wart/mole

Nagging cough

**HIGHTSTOWN
HEALTH DEPARTMENT**