



Wellness Matters

Summit ESC's Wellness Program

In This Issue...

- March Focus- Cancer Prevention
- Three Strategies to Lower Your Cancer Risk
- Healthy Recipes

March Focus- Cancer Prevention

Did you know that up to 50 percent of cancer cases are preventable? That's half of all cases! While not all cancers can be prevented, there's a lot you can do now to lower your risk of getting cancer in the future. March is Cancer Prevention

Month, so this month we are shining the spotlight on prevention—sharing ways you can lower your cancer risk and help raise awareness about the importance of prevention.



Three Strategies to Lower Your Cancer Risk

- **Screenings**
- **Vaccines**
- **Healthy Choices**

Recommended Screening Tests

Screening tests can find cancer early, when it's easiest to treat. CDC supports screening for breast, cervical, colorectal (colon), and lung cancers as recommended by the U.S. Preventive Services Task Force.

- Starting at age 50, both men and women should get checked for colorectal cancer.
- Women should start getting screened for cervical cancer at age 21. Most women should start getting mammograms when they're 50 years old.
- If you smoke now or quit within the past 15 years and are 55 to 80 years old, talk to your doctor about getting screened for lung cancer

Breast Cancer

Mammograms are the best way to find breast cancer early, when it is easier to treat. [Learn more about screening for breast cancer.](#)

Cervical Cancer

The Pap test can find abnormal cells in the cervix which may turn into cancer. The HPV test looks for the virus (human papillomavirus) that can cause these cell changes. Pap tests also can find cervical cancer early, when the chance of being cured is very high. [Learn more about screening for cervical cancer.](#)

Colorectal (Colon) Cancer

Colorectal cancer almost always develops from precancerous polyps (abnormal growths) in the colon or rectum. Screening tests can find precancerous polyps, so they can be removed before they turn into cancer. Screening tests also can find colorectal cancer early, when treatment works best. [Learn more about screening for colorectal cancer.](#)

Lung Cancer

The U.S. Preventive Services Task Force recommends yearly lung cancer screening with low-dose computed tomography (LDCT) for people who have a history of heavy smoking, and smoke now or have quit within the past 15 years, and are between 55 and 80 years old. [Learn more about screening for lung cancer.](#)

Liver Cancer

Hepatitis is inflammation of the liver, which is most often caused by a virus. In the United States, the most common type of viral hepatitis is Hepatitis C. Over time, chronic Hepatitis C can lead to serious liver problems including liver damage, cirrhosis, liver failure, or liver cancer. CDC recommends that anyone who was born between 1945 and 1965 get tested for Hepatitis C. [Learn more about viral hepatitis and liver cancer.](#)

Vaccines

Human Papillomavirus (HPV) Vaccine

The human papillomavirus (HPV) vaccine is recommended for females from 9 to 26 years old and males from 9 to 21 years old. It protects against the HPV types that most often cause cervical, vaginal, vulvar, and anal cancers. The HPV

vaccine does not substitute for routine cervical cancer screening (Pap and HPV tests), according to recommended screening guidelines. Currently, screening tests for other types of HPV-associated cancers are not recommended.

Hepatitis B Vaccine

Hepatitis B is a liver disease caused by the Hepatitis B virus (HBV). It ranges in severity from a mild illness, lasting a few weeks (acute), to a serious long-term (chronic) illness that can lead to liver disease or liver cancer. The hepatitis B vaccine is available for all age groups to prevent HBV infection.

Healthy Choices

Cigarette Smoking

Lung cancer is the leading cause of cancer death, and cigarette smoking causes almost all cases. Compared to nonsmokers, current smokers are about 25 times more likely to die from lung cancer. Smoking causes about 80% to 90% of lung cancer deaths. Smoking also causes cancer of the mouth and throat, esophagus, stomach, colon, rectum, liver, pancreas, voice box (larynx), trachea, bronchus, kidney and renal pelvis, urinary bladder, and cervix, and causes acute myeloid leukemia. Visit smokefree.gov to learn how you can quit smoking.

Secondhand Smoke

Adults who are exposed to secondhand smoke at home or at work increase their risk of developing lung cancer by 20% to 30%. Concentrations of many cancer-causing and toxic chemicals are higher in secondhand smoke than in the smoke inhaled by smokers. [Learn more about tobacco and cancer.](#)

Protecting Your Skin

Skin cancer is the most common kind of cancer in the United States. Exposure to ultraviolet (UV) rays from the sun and tanning beds appears to be the most important environmental factor involved with developing skin cancer. To help prevent skin cancer while still having fun outdoors, protect yourself by seeking shade, applying sunscreen, and wearing sun-protective clothing, a hat, and sunglasses. [Learn more about lowering your risk for skin cancer.](#)

Limiting Alcohol Intake

Studies around the world have shown that drinking alcohol regularly increases the risk of getting mouth, voice box, and throat cancers. A large number of studies provide strong evidence that drinking alcohol is a risk factor for primary liver cancer, and more than 100 studies have found an increased risk of breast cancer with increasing alcohol intake. The link between alcohol consumption and colorectal (colon) cancer has been reported in more than 50 studies. [Learn more about alcohol and cancer.](#)

Keeping a Healthy Weight

Research has shown that being overweight or having obesity raises a person's risk of getting some cancers, including endometrial (uterine), breast in postmenopausal women, and colorectal cancers. Overweight is defined as a

body mass index (BMI) of 25 to 29, and obesity is defined as a BMI of 30 or higher.⁵ Learn how to choose a healthy diet at [Healthy Eating for a Healthy Weight](#), and read about exercise at [Physical Activity for a Healthy Weight](#). [Learn more about obesity and cancer](#).

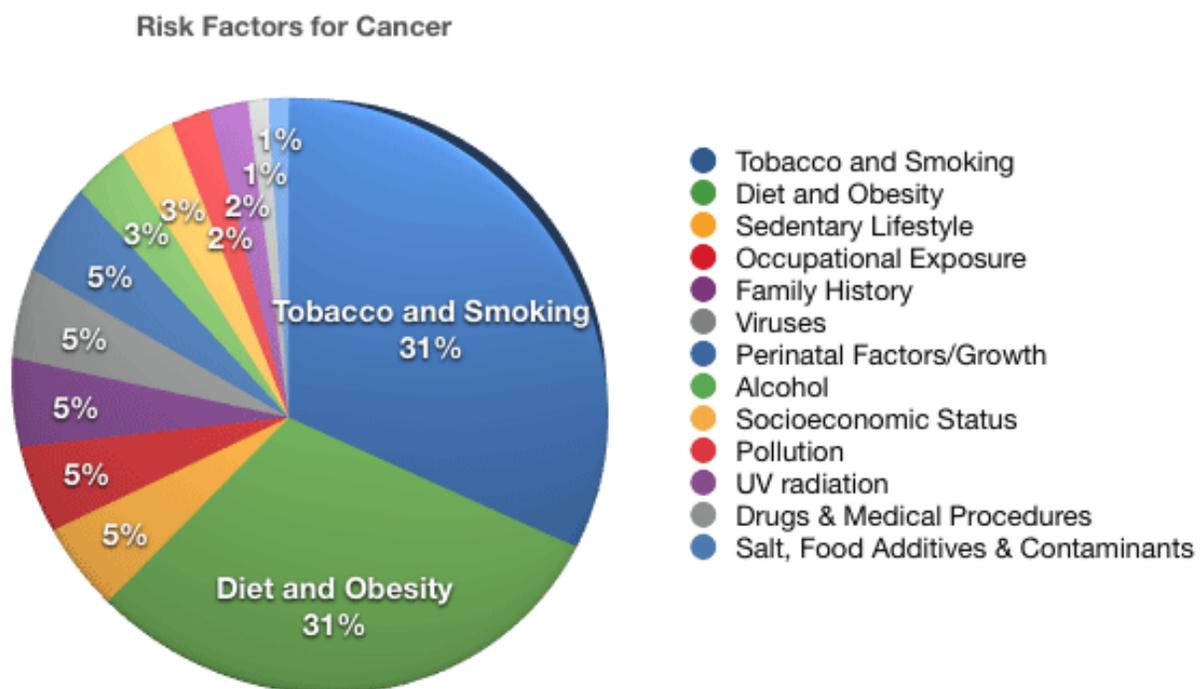
Practice Safe Sex

Limit your number of sexual partners and use a condom when you have sex. The more sexual partners you have in your lifetime, the more likely you are to contract a sexually transmitted infection — such as HIV or HPV. People who have HIV or AIDS have a higher risk of cancer of the anus, liver and lung. HPV is most often associated with cervical cancer, but it might also increase the risk of cancer of the anus, penis, throat, vulva and vagina.

Don't Share Needles

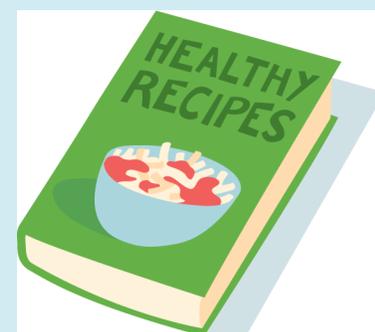
Sharing needles with people who use intravenous drugs can lead to HIV, as well as hepatitis B and hepatitis C — which can increase the risk of liver cancer. If you're concerned about drug misuse or addiction, seek professional help.

Information adapted from <https://www.cdc.gov/cancer/> and <https://www.mayoclinic.org/>



Healthy Recipes

- [Tex-Mex Pulled Chicken Sandwich](#)
- [Easy Herbed Chicken](#)
- [Lime Pork Tenderloin](#)
- [Walnut-Encrusted Tilapia](#)
- [Southwestern Bean Salad](#)
- [Quinoa with Cauliflower and Broccoli](#)
- [Rigatoni with Red Peppers](#)



- [Blueberry Blast Smoothie](#)
- [Oatmeal Chocolate Chip Bites](#)
- [Red Velvet Cupcakes](#)

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