

# Cancer Prevention

## Prevención del cáncer

### Roadmap to Reducing Your Cancer Risk

#### Facts to Consider

##### Healthy habits are the key to cancer prevention

*Up to two-thirds of all cancers may be preventable*

- Avoid tobacco
- Limit sun exposure
- Maintain a healthy weight
- Eat five to nine servings daily of fruits and vegetables
- Be physically active
- Limit or avoid alcohol

##### Some people still may get cancer, even with healthy habits

*Genetics and certain infections may play a role*

- Know your family's history of disease – and tell your doctor
- Some viruses and bacteria (like HPV or *H. Pylori*) may increase your risk
- Get regular cancer screening exams
- Ask your doctor how to reduce your cancer risk

##### Information is the key

- Texas Cancer Information ([www.texas-cancer.info/poster](http://www.texas-cancer.info/poster)) can tell you about:
  - Where to find cancer prevention information
  - Where to go for cancer screening exams
  - Links to reliable Web sites

#### Considere los Hechos

##### Los hábitos saludables son la clave para la prevención del cáncer

*Hasta dos tercios de todos los casos de cáncer pueden ser prevenibles*

- Evitar el uso del tabaco
- Limitar la exposición al sol
- Mantener un peso saludable
- Consumir de tres a cinco porciones diarias de frutas y vegetales
- Mantenerse físicamente activo
- Limitar o evitar el consumo de alcohol

##### Algunas personas pueden contraer cáncer aun manteniendo hábitos saludables

*La genética y algunas infecciones pueden ser factores*

- Conozca su historial familiar de enfermedades – e informe a su médico
- Algunos virus y bacterias (como VPH o *H. Pylori*) pueden aumentar su riesgo
- Periódicamente, hágase exámenes de detección precoz para el cáncer
- Pregunte a su médico cómo reducir su riesgo de cáncer

##### La información es la clave

- Texas Cancer Information ([www.texas-cancer.info/poster](http://www.texas-cancer.info/poster)) puede informarle acerca de:
  - Dónde encontrar información para la prevención del cáncer
  - Dónde acudir para exámenes de detección precoz de cáncer
  - Enlaces a sitios confiables de la Web



[www.texas-cancer.info/poster](http://www.texas-cancer.info/poster)



# Talk to Your Patients about Cancer Prevention

Behavioral changes may reduce cancer incidence by up to 66 percent. Talk to your patients about tobacco cessation, cancer screening exams and nutrition.

- One-third of all cancer deaths are due to tobacco. In Texas:
  - Lung cancer is the number one cause of cancer deaths
- One-third of cancer deaths may be related to nutrition and physical activity, including obesity. In Texas:
  - 66 percent of adults and 16 percent of high school students are overweight based on BMI
  - 60 percent of high school students are too sedentary
- Texans are not receiving recommended cancer screenings:
  - 32 percent of women age 40 to 64 have not had a mammogram in the past two years
  - 54 percent of Texans age 50 and older have not had a flexible sigmoidoscopy or colonoscopy within the past five years

## Resources for Your Patients

- Texas Cancer Information ([www.texascancer.info/poster](http://www.texascancer.info/poster))
- American Cancer Society ([www.cancer.org](http://www.cancer.org))
- National Cancer Institute ([www.cancer.gov](http://www.cancer.gov))
- MD Anderson Cancer Center ([www.mdanderson.org](http://www.mdanderson.org))
- Dan L. Duncan Cancer Center at Baylor College of Medicine ([www.bcm.edu/cancercenter](http://www.bcm.edu/cancercenter))
- Cancer Therapy & Research Center at The University of Texas Health Science at San Antonio ([www.ctrc.net](http://www.ctrc.net))

Free Patient Education Poster from Texas Cancer Information  
[www.texascancer.info/poster](http://www.texascancer.info/poster)

## For more free posters or Texas Cancer Information brochures:

Texas Cancer Information – 511  
1515 Holcombe Blvd.  
Houston, TX 77030  
(713) 792-2277  
E-mail: [info@texascancer.info](mailto:info@texascancer.info)  
[www.texascancer.info/poster](http://www.texascancer.info/poster)

## For cancer-related continuing medical education information:

Texas Medical Association's  
Physician Oncology Education Program  
1-800-880-1300, Ext. 1672  
E-mail: [poep@texmed.org](mailto:poep@texmed.org)  
[www.poep.org](http://www.poep.org)

Other Sources: American Cancer Society, National Cancer Institute  
Centers for Disease Control and Prevention



THE UNIVERSITY OF TEXAS  
MD Anderson  
Cancer Center  
Making Cancer History®

TEXAS MEDICAL  
ASSOCIATION  
Physician Oncology Education Program  
Physicians Caring for Texans



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