



Brought to you by the Holy Family Health
Ministry



Did you know that 50% of cancers in the United States are preventable through healthy lifestyle choices?

Why do some people still get cancer, even if they follow all the recommendations to reduce their risk?

- About 10% of cancer cases are inherited – or genetic, which means the person is born with a factor that makes them more likely to get cancer.
- Environmental toxins below can contribute to the development of cancer.





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Cancer screening exams can dramatically reduce your risk of dying from cancer.

- **Get regular check-ups and follow your health care provider screening recommendations**

If you can live a healthy lifestyle, you will reduce your risk and will be significantly less likely to get cancer.

9 ways to reduce your cancer risk

Cancer
#endcancer

 Exercise	 Avoid tobacco	 Eat a healthy diet
 Be skin safe	 Get vaccinated	 Maintain a healthy weight
 Limit alcohol	 Get screened	 Know your family history

"Is anyone among you suffering? He should pray. Is anyone in good spirits? He should sing praise." James 5:13

