

# Cancer: How Can I Lower My Risk?



In 2019, an estimated 1.7 million Americans will be diagnosed with cancer, and more than 600,000 could die of the disease. 110,000 New Yorkers are diagnosed with cancer every year, and it's only second in mortality rate to heart disease.

The number of cancer survivors in the U.S. has steadily risen and is estimated to surpass 20 million overall by 2026. This may be due to increased screening and major improvements in treatment.



September is **Prostate and Ovarian Cancer Awareness Month**, so now is as good a time as ever to learn more about prevention and treatment. Your general physician and OB-GYN conduct screenings and exams that test for both types of cancer. Be sure to keep up with your annual visits and consult with your physician for screening options. **Early detection is the best treatment.**

## Common Risk Factors & Lifestyle Changes to Lower Your Risk

There are a number of risk factors that can increase your chance of developing cancer—some of which are controllable and some are not such as age or family history. Listed below are common risk factors and steps that you can take to minimize your risk of developing this disease:

- ✓ **Poor Nutrition. Maintain a healthy diet:** Diets high in red meat consumption and low in fruit and vegetable consumption tend to lead to a slightly higher risk of developing cancer
- ✓ **Obesity. Exercise regularly:** Like maintaining a healthy diet, regular exercise helps reduce the risk of obesity, which is a major risk factor for developing cancer
- ✓ **Tobacco use. Avoid smoking:** Using tobacco of any kind can lead to a number of cancers, including lung, throat, mouth, pancreatic, and others
- ✓ **Environmental Exposures such as UV Rays from Sun, Radiation and Carcinogens. Protect yourself from the sun:** UV radiation is the leading cause of skin cancer, which is by far the most common form of cancer
- ✓ **Get vaccinated:** Certain vaccinations, including the HPV vaccination, can prevent diseases that increase the risk of developing certain kinds of cancer
- ✓ **Get regular screenings:** Adults—especially older adults—should get regular screenings to ensure early detection of any cancer cells and increase the chance of effective treatment

**IF YOU NOTICE ANY CHANGES IN YOUR BODY THAT MAY CONCERN YOU, CONTACT YOUR DOCTOR.**



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