

Steve Franks
Director
OC Community Resources

Jennifer Phillips Director OC Animal Care

Karen Roper Director OC Community Services

> Mark Denny Director OC Parks

Helen Fried County Librarian OC Public Libraries

Get the Facts about Cancer Prevention

By: Erin Ulibarri, MPH

The "C" word – no one wants to be told they have cancer. The best thing to do so that you do not have to experience this disease is to do what you can to prevent the disease.

In order to lower cancer risk:

- Do not smoke. Don't let others smoke around you either. Lung cancer is the leading cause of death from cancer for both men and women in the United States. The Tobacco Free Communities Program offers free smoking cessation help.
- Avoid sunburns. Although you cannot undo the burns you got earlier in life, you can avoid getting them from now on. Wear sunscreen everyday and do not use tanning beds.
- Eat right and maintain a healthy weight. Fruits, vegetables, and high fiber and low-fat foods are key to protecting yourself from breast, colon, uterine, and prostate cancer. Researchers believe that one-third of all cancers are linked to diet. The Office on Aging has a nutrition packet available for distribution.
- Stay active. In addition to activity being good for your heart, muscles, and lungs, it also lowers your chance of getting cancer. The Office on Aging has a list of group exercise classes available at many senior and community centers. Walking, gardening, and dancing are other ways to be more active each day.
- **Get screened.** There are many tests that can be done to detect cancer. Medicare pays for many of these. As scary as a cancer diagnosis may be, early detection is important in treatment success. The Office on Aging has a schedule of recommended tests. There are also programs that offer free mammograms and pap smears for those eligible.

Even though Californians do not get cancer as often compared to the nation as a whole, it is still important to take these steps to lower cancer risk. It is all about prevention, screening, and early diagnosis.

The County of Orange Office on Aging Information and Assistance department at **1-800-510-2020** or **1-714-567-7500** can provide information and linkage to the smoking cessation and mammogram programs and cancer patient transportation, in addition to many other resources. The Information and Assistance Specialists can also send you the nutrition packet, cancer prevention information, and other health information.

Source: National Institute on Aging



1300 S. GRAND AVE. BLDG. B, SANTA ANA CA. 92705

