

## Protect Yourself Inside and Out

According to the World Health Organization, 30% to 50% of cancers worldwide may be preventable. Adopting a healthy lifestyle is more important than ever. Texas Oncology suggests five simple steps to improve overall health and fight against cancer – inside and out:

### Practice Nutrition That Lowers the Risks of Disease

Managing your weight and eating a balanced diet may bolster your body's defenses against cancer and other illnesses. It's important to optimize calories, limit the intake of sugars, saturated fats, trans fats, and alcohol, and eat plenty of nutritious foods like fresh produce.

The following nutritional guidelines are recommended:

- Substitute whole grains for refined or processed grains.
- Limit processed and red meats and foods high in salt and fat.
- Have no more than one alcoholic drink daily for women and two for men.
- Eat 4-5 servings of fruits and vegetables daily.
- Select dark, leafy greens and a variety of seasonal fruits and cruciferous vegetables.
- Drink plenty of water.

### Get Regular Cancer Screenings

A Centers for Disease Control and Prevention study found that most Americans aren't getting their recommended screening tests for breast and cervical cancers, although screening rates for colon cancer have improved. Screenings can detect cancers at their earliest and most treatable stages. Also, conduct regular self-exams and check your skin for changes in moles, freckles, and other marks each month.

### Engage in Physical Activity

Whether you prefer hiking, biking, playing outside with the kids, or an indoor option, it's easy to stay active year-round. Many types of cancer, including colorectal, postmenopausal breast, endometrial, kidney, pancreatic, ovarian, gallbladder, liver, stomach, thyroid, and esophageal cancers are associated with obesity and lack of physical activity. Staying active can reduce your risk.

### Practice Sun Safety

Avoid excess exposure to the sun's harmful ultraviolet rays. Skin cancer is the most common form of cancer, but it is preventable by taking protective measures, such as avoiding prolonged sun exposure, using sunscreen and covering up the skin. Parents should remember that children also need protection from the sun.

### Don't Smoke

For the 13.1% of Texans who smoke, quitting should always be on the list. Eighty percent of lung cancer deaths are smoking related, and smoking contributes to about 30% of cancer deaths overall. Research consistently shows that smoking cessation is paramount to lung health. Smokers who quit are more likely to live healthier, longer lives, while decreasing lung cancer risk.

To jump start a healthy lifestyle, find more healthy lifestyle fact sheets at [TexasOncology.com](https://www.texasoncology.com):

### Healthy Lifestyle Resources:

- [Nutrition that Lowers the Risk of Disease](#)
- [Cancer-Free at Any Age: Checklist for Your Next Checkup](#)
- [Painful An Active, Healthier Lifestyle](#)
- [Sun Safety](#)
- [Skin Cancer Myths and Facts](#)
- [Smoking Cessation](#)

The American Cancer Society (cancer.org) offers several interactive online tools to help you stay healthy:

### Healthy Lifestyle Tools:

- [Body Mass Index Calculator](#)
- [Calorie Counter](#)
- [Exercise Activity Calculator](#)
- [Sun Safety Quiz](#)

### About Texas Oncology

With more than 530 physicians and 280 locations, Texas Oncology is an independent private practice, a member of The US Oncology Network, that sees more than 71,000 new cancer patients each year. Founded in 1986, Texas Oncology provides comprehensive, multidisciplinary care, and includes Texas Center for Proton Therapy, Texas Breast Specialists, Texas Colon & Rectal Specialists, Texas Oncology Surgical Specialists, Texas Urology Specialists and Texas Infusion and Imaging Center. Texas Oncology's robust community-based clinical trials and research program has contributed to the development of more than 100 FDA-approved cancer therapies. Learn more at [TexasOncology.com](https://www.texasoncology.com).

*Sources: American Cancer Society, American Institute for Cancer Research, American Society of Clinical Oncology, Centers for Disease Control and Prevention, National Cancer Institute, and World Health Organization*



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