



Genesee County Health Department

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FOR IMMEDIATE RELEASE

DATE: February 25, 2015 END DATE: February 28, 2015
CONTACT: Suzanne Cupal, MPH
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RE: National Cancer Prevention Month

The Genesee County Health Department reminds you that February is National Cancer Prevention Month. "One third of cancer cases could be prevented by healthy eating, being active and maintaining a healthy weight. Carrying excess weight has been linked to six different cancers.

The goal of Cancer Prevention Month is to bring awareness to the community of their ability to reduce the social and environmental factors that may increase the risk of getting cancer. Another goal is to educate the community on healthy living and promoting early detection and screening for cancers. Consult your family physician for the appropriate screening for you and your family.

Following are 7 steps you can take to help prevent cancer:

1. Don't use tobacco
2. Eat healthy
3. Maintain a healthy weight and be physically active
4. Protect yourself from the sun
5. Get immunized
6. Avoid risky behaviors
7. Get regular medical care

For more information regarding National Cancer Prevention Month, visit worldcancerday.org.
Our motto is "*Better Life through Better Health.*"

Better Life Through Better Health

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