



TIPS TO HELP YOU LIVE A CANCER-FREE LIFE

1. Stay within a few pounds of your ideal weight. That is, be as lean and slim as possible without becoming underweight;
2. Be physically active for at least 30 minutes every day. Find a physical activity that you like - be it brisk walking, jogging, dancing, cycling, swimming or gardening – and do it, every day, for at least half-an-hour each day;
3. Limit your intake of sugary drinks - e.g., sodas, Kool-Aid, to no more than one (1) each day; and processed foods that are high in added sugar - e.g., cookies, candies, to no more than three (3) each day;
4. Add more fruits – for example, bananas, oranges, sapodillas, pineapples; vegetables – for example, cabbage, carrots, spinach; and legumes – e.g., black beans, kidney beans, lima beans, as well as green and dry pigeon peas, to your daily diet;
5. Cut down on the amount of red meats – for example, beef, lamb and pork – that you eat on a daily basis, and do not eat processed meats;
6. Cut down on (or cut out) the amount of alcohol you drink. It is recommended that if you do drink, men should drink no more than two (2) alcoholic drinks each day (that is, no more than 2 beers, or 2 glasses of wine, or 2 shots of “*hard*” liquor). It is also recommended that women drink no more than one (1) alcoholic beverage each day (that is, one beer, or one glass of wine, or one shot of “*hard*” liquor each day);
7. Limit the amount of salt you eat at each meal. Do not add salt to your food at the table. Read labels when grocery shopping. Buy canned or frozen items that say either “*no salt, or low salt, or sodium, content*”;
8. Do not use over-the-counter or home brewed supplements to fight cancer. Check with your doctor or health care provider before taking any medicine;
9. DO NOT SMOKE. If you smoke now, quit. If you have not started, do not be tempted to start. Tobacco brings no benefits to the human body. However, it has been proven that tobacco takes our health, it takes our life and it takes our money
10. Get at least 7 – 8 hours sleep each day, in a quiet, dark room; and
11. Visit your doctor or health clinic at least once each year, for a complete physical examination. This should include a prostate exam and PSA blood test for all men who are 40 years and older; a Pap smear test for all sexually active women, a breast examination and mammogram for those 40 years and older.

Please note: This schedule will be different for persons with a history of cancer among their close relatives.