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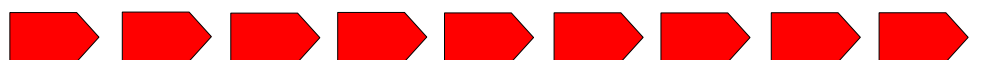



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National Cancer Prevention Month: Together We Can Fight Against Cancer

What is National Cancer Prevention Month?

National Cancer Prevention Month is a health event for increasing awareness of the different ways to prevent cancer. This is an important event because studies show that about one out of three Americans will develop cancer during their lifetime. About half a million people die every year from cancer in the United States alone. It is the firm belief of experts that about one-third of these deaths from cancer could be prevented by making lifestyle changes and following particular cancer screening recommendations.

Cancer is a general term used for describing more than 100 different diseases. There are different kinds of cancer, but all cancers develop from an uncontrollable growth of abnormal cells. Normal cells grow, divide and then die, but abnormal cells grow, divide and continue to grow and divide. This continues until the cells enter the blood stream spreading to different areas of the body. Due to the continuous process of growth and division, specific signs and symptoms occurs the most common of which are:

The primary purpose of National Cancer Prevention Month is to decrease the number of deaths from cancer by making lifestyle changes that have been shown to reduce cancer risk. The **American Institute for Cancer Research (AICR)** recommends the following (not all inclusive) lifestyle changes to reduce risk of cancer:

- Limit consumption of red meat and avoid processed meat
- A diet composed mostly of plant foods including fruits, vegetables and whole grains.
- Increase level of physical activity ... at least 30 minutes of activity that raises your heart rate.
- Get regular medical care
- Avoid tobacco products
- Vaccines can also help in reducing the risk of cancer.

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