

Tobacco use and Cancer

What is Cancer?

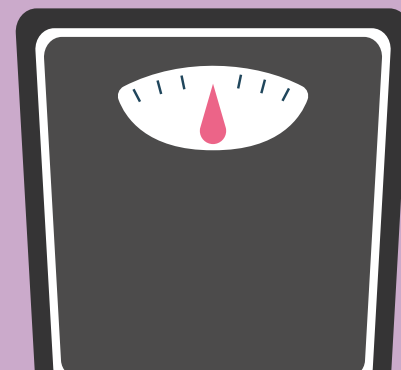
Cancer consists of more than 100 diseases. However, all cancers start when abnormal cells grow out of control. If not discovered in its earlier stages, cancer can cause serious illness and death

Cancer is the second leading cause of death in West Virginia and the United States. More than a million people are diagnosed with cancer every year

Cancer Prevention

You can take many simple, yet important steps to lessen your chance of getting cancer.

- *Achieve Recommended Weight-* Being overweight can increase your risk of getting many diseases including cancer (such as breast, colon cancer, etc.) Ask your doctor what would be a healthy weight for you and incorporate regular activity into your lifestyle



For more information, visit
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- *Eat Healthy-* You can improve your health greatly with a diet rich in fruits, vegetables, low-fat dairy, and protein. Avoid trans & saturated fats, cholesterol, sodium, and sugar.
- *Avoid sun exposure-* Too much sun damages skin and can cause skin cancer. When going outdoors apply sunscreen with SPF 15 or more.

- *Quit tobacco-* According to the American Cancer Society, smoking is linked to more than 15 different cancer. Spit tobacco and secondhand smoke also cause cancer. Quit tobacco and avoid secondhand smoke.
- *Get recommended screenings-* Talk to your doctor about various cancer screenings.

Tobacco and Cancer

Tobacco use is responsible for more than 30% of all cancers and nearly 1 in 5 deaths in the US every year. Skip tobacco is not a safe alternative to smoking. Whether you use tobacco or not, exposing yourself to

secondhand smoke can also cause Cancer. According to the Environmental Protection Agency, in the last decade, more than 30,000 nonsmokers died of lung cancer alone due to breathing in secondhand smoke. If you quit smoking, your health will greatly improve. It can help you prevent cardiovascular disease. Smoking becomes an addiction so it can be hard to quit. However, you are more likely to successfully quit tobacco if you are being coached. The West Virginia Tobacco Quitline provides free or low-cost programs, free educational materials, and four free calls with a phone coach.