

One STEP Ahead of cancer



February | Join us by registering at: ascension.org/GaviniCancer



The nurse navigation teams at SM Gavini Center for Cancer Prevention want to partner with you to improve your health. In celebration of National Cancer Prevention Month, we encourage you to begin making lifestyle changes that reduce you and your family's risk of getting cancer.

Risk factors include:

- Obesity
- Age
- Family or personal history of cancer
- Diets high in animal fat and sugar; diets low in fruits, vegetables and whole grains
- Sedentary lifestyle
- Tobacco or vaping use
- Alcohol use
- Certain viral infections, such as HPV
- Exposure to radiation and ultraviolet rays
- Chronic inflammation
- Hormone imbalances

Signs and symptoms

Talk with your doctor if you notice a change in your health. It's always better to use **CAUTION**:

- C**hange in bowel or bladder habits
- A** sore that does not heal
- U**nusual bleeding or discharge (including bruising)
- T**hickening or lump, in a breast or somewhere else on your body
- I**ndigestion, difficulty swallowing, or loss of appetite
- O**bvious change to skin or warts (color, shape, size, borders, symmetry, etc.)
- N**agging cough or hoarseness that lasts more than four weeks

What can I do to reduce my risk of cancer?

There are several things you can do to reduce your risk of cancer or find it early, when there may be more treatment options. These include:

- Get regular screenings.
- Stay up-to-date on vaccinations.
- Maintain a healthy weight.
- Engage in moderate physical activity 3-5 days a week.
- Avoid tobacco.
- Limit alcohol use.
- Protect your skin.

Next steps:

To schedule a screening or register for the February STEP Ahead virtual seminar, scan the QR code or visit ascension.org/GaviniCancer. For more information, call **248-849-2781**.

