

VitaMin



Vital health information in a minute

8 powerful steps for cancer prevention

One-third of all cancers can be prevented by eating well, maintaining a healthy weight and staying active.¹ Take control with these cancer-fighting tips.

- 1. Choose colorful fruits and veggies.** A colorful plate means you're likely getting a wide range of healthy nutrients that may fight cancer. Go for vibrant colors: Tomatoes, squash, green leafy vegetables, blueberries, purple eggplant, etc. Try to fill two-thirds of your plate with plant-based foods.
- 2. Go vegetarian.** Beef, pork and processed meats like bacon, sausage, lunch meats and hot dogs may increase health risks. Plant-based diets, on the other hand, have been linked to lower colon cancer risk.² Try cutting back on red meat, even if it's just a few meals a week.
- 3. Spend less time sitting.** Sitting may increase your risk of certain cancers and other health problems.³ Make a plan for adding more movement to your day. Next, team up with friends and family to keep the momentum going.
- 4. Limit alcohol.** If you drink alcohol, put a cap on the number of drinks you consume daily. No more than two drinks a day for men and one drink a day for women.
- 5. Avoid secondhand smoke.** You know that quitting smoking can help you live longer (and feel better). If you're a nonsmoker, take steps to avoid secondhand smoke. There's no safe level of exposure to secondhand smoke.
- 6. Enjoy the perks of coffee.** Coffee contains some powerful plant compounds that may protect your health. Health experts say two to four cups of coffee is generally OK for most adults.⁴ Ask your doctor about what's safe for you.
- 7. Cope with stress in healthy ways.** While stress alone has not been found to cause cancer, you may do things that increase your cancer risk when you're stressed. Think: Smoking, drinking alcohol, overeating. If you're ready to raid the candy bowl, try taking a brisk walk or drinking a tall glass of water instead.
- 8. Consider your family history.** Learning more about your risk factors may help you take healthy actions. For instance, having a strong family history of breast cancer may prompt you to think about genetic testing or get more frequent screenings.

Sources:

1. American Cancer Society. "Diet and Physical Activity: What's the Cancer Connection?" Feb. 5, 2015. (accessed April 3, 2015) <http://www.cancer.org/cancer/cancercauses/dietandphysicalactivity/diet-and-physical-activity>
2. ScienceDaily. "Vegetarian diet linked to lower risk of colorectal cancers." March 9, 2015. (accessed April 3, 2015) <http://www.sciencedaily.com/releases/2015/03/150309124139.htm>
3. Journal of the National Cancer Institute. "Sedentary Behavior Increases the Risk of Certain Cancers." June 16, 2014. (accessed April 3, 2015) <http://inci.oxfordjournals.org/content/106/7/dju206.full>
4. National Institutes of Health, MedlinePlus. "Caffeine." <http://www.nlm.nih.gov/medlineplus/caffeine.html> (accessed April 3, 2015)

This is intended to be general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice prior to undertaking a new diet or exercise program.



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