

## NATIONAL CANCER PREVENTION MONTH

Research suggests that more than 40% of cancer diagnosis and half of cancer attributed deaths in the United States could be caused by preventable measures. These things include smoking, excess body weight, inadequate physical activity, and too much sun exposure. Taking steps such as exercise, quitting tobacco products, and protecting your skin can prevent certain cancers. Find out more at: [aacr.org](http://aacr.org)

Take the AACR  
Cancer Prevention  
Quiz to test your  
knowledge at  
[aacr.org](http://aacr.org)

## MENTAL HEALTH CORNER

A cancer diagnosis can cause feelings of anxiety, stress, sadness and have a negative affect on your mental health.

Engaging in a self-care routine improves your mental and physical health. Steps to engage in positive self-care could include exercise, positive sleeping habits, relaxing activities, and eating nutritious meals.



Cancer is the 2nd leading cause of death worldwide.

