


NATIONAL CANCER PREVENTION MONTH

10 Cancer Prevention Tips:

1. Be a healthy weight.
2. Be more active. Sitting increases cancer risk.
3. Eat a diet rich in whole grains, fruits, vegetables, and beans.
4. Limit consumption of “Fast Foods” and other processed foods that are high in fat, starches, or sugars.
5. Limit consumption of red and processed meats.
6. Limit consumption of sugary drinks.
7. Limit alcohol intake.
8. Don’t use supplements that are marketed for cancer prevention. It is best to achieve nutritional needs through diet alone.
9. Breastfeeding can reduce risk of breast cancer.
10. Follow doctor recommendations after a cancer diagnosis.

 Find out more at: aacr.org

**February is Children’s
Dental Health Month,
Schedule a regular visit for
your child at one of our
Dental Locations!**

Lee County Dental:

606-464-9262

Morgan County Dental:

606-743-3030



Shake Up Your Routine.

Getting active doesn’t have to be a workout—try a new activity and get to moving more!



MENTAL HEALTH CORNER

National Eating Disorder Awareness Week

February 24–March 2

Eating Disorder Awareness Week aims to educate the public on the realities and myths of eating disorders. While some may believe that eating disorders are a choice, that is not the case. Eating disorders are complex medical and psychological illnesses that are caused by biological, social, and environmental factors. Eating disorders have the 2nd highest mortality rate of psychiatric illnesses and nearly 29 million Americans will have an eating disorder in their lifetime. Another common myth is that only young girls can get an eating disorder. Eating disorders are nearly as common in men as in women and the rate of eating disorders in men has been on the rise. They can also re-emerge or begin at any age.

 Find out more at: NationalEatingDisorders.org 