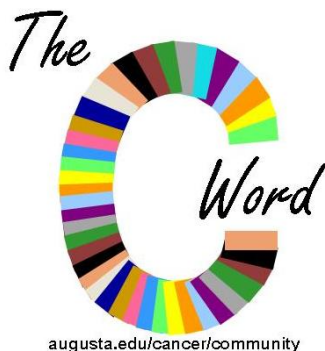




GEORGIA CANCER CENTER

AUGUSTA UNIVERSITY



augusta.edu/cancer/community

From the lyrics of a popular song, December is “*the most wonderful time of the year!*” It is a time for family, gratitude, selflessness and sharing. Often times that sharing comes in the form of food.

As you enjoy your holidays, be cautious not to over indulge the calories or to be physically inactive. Instead, invite 2017 to be the year for a healthier you. If you did not know, obesity is linked to at least eight cancers: thyroid, esophagus, kidney, colorectal, gallbladder, pancreas, endometrium, and breast (after menopause).¹

Reduce the Risk:

At this wonderful season and throughout the year, maintain a healthy weight, stay active, and incorporate these lifestyle suggestions to help lower your cancer risks:

- Practice portion control.
- Take time to eat a little slower, relishing each bite.
- Eat more fresh fruits, vegetables and whole grains.²
- Include at least, 30 minutes of exercise into your daily routine.³
- Do not smoke or use tobacco products.
- Get your recommended health screenings.

Best wishes for the holiday season and for the New Year!

Resources:

“The C Word” is a news brief of the Georgia Cancer Center at Augusta University. For cancer information visit: www.augusta.edu/cancer/community. To request exhibits or speaking engagements, contact Christine O’Meara, MA, MPH, Director of the Office of Information and Awareness at comeara@augusta.edu or 706-721-8353.

¹National Cancer Institute, www.cancer.gov/cancertopics/causes-prevention/risk/obesity/obesity-fact-sheet

²CDC Choose My Plate, <https://www.choosemyplate.gov>

³American Heart Association, www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/FitnessBasics/American-Heart-Association-Recommendations-for-Physical-Activity-in-Adults_UCM_307976_Article.jsp#.V72V7_krLGg

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