

25 Tips  
Reducing  
Your Risk  
of Cancer

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UCSD Cancer Center

25  
*YEARS of*  
*ADVANCING*  
*CANCER*  
*CARE*

**T**he cancer prevention specialists of the Moores UCSD Cancer Center want to help you reduce your risk of developing cancer. In celebration of our 25th Anniversary, we offer the following 25 tips, which are founded on scientific research—some of it conducted at this Cancer Center—and supported by the National Cancer Institute. We encourage you to talk with your doctor for more specific recommendations on how to adopt a healthier lifestyle, and for more detailed guidelines for cancer screenings that may be right for you.

**LIFESTYLE:** Scientists say that lifestyle choices are responsible for an estimated 50 to 75 percent of cancer deaths in the U.S.

### Diet/Nutrition

1) Eat at least 5 to 9 servings of vegetables and fruit each day. Choose dark green and deep yellow vegetables, and colorful fruits (citrus, berries, melons, mangos, and papaya). *(breast, bladder, colorectal, esophageal, lung, oral, ovarian, pancreas, stomach cancers)*

2) Choose at least 2 whole-grain servings daily (like whole wheat bread, oatmeal, popcorn). *(breast, colorectal, prostate)*

3) Choose at least 1 serving daily of beans (like lentils, split peas, and pinto, garbanzo, black and navy beans). *(breast, colorectal, prostate)*

4) Choose healthy dietary fats, found in nuts, olive oil, canola oil, and avocado. Limit saturated fat, found in red meat and regular dairy foods. *(colorectal, endometrial, lung, prostate cancers)*

### Weight/Exercise

5) Commit to daily physical activity. Aim for at least 10,000 steps each day, including moderate intensity activity such as brisk walking. Wear a pedometer to help you monitor your steps. *(breast, lung, prostate, colon, endometrial cancers)*

6) Maintain a healthy weight through smaller food portions and regular physical activity. Avoid weight gain in adulthood. *(breast, colorectal, endometrial, esophageal, kidney cancers)*

#### SERVING SIZES:

A serving size is 1/2 cup cooked vegetable, or sliced or chopped fruit; 1/2 cup dried fruit; one medium piece of fresh fruit; 1 cup raw green leafy vegetable; or 6 ounces juice.

**HOW'S YOUR WEIGHT?** Here's how to determine your body mass index (BMI), the best indicator of being overweight:

**STEP 1:** Divide your weight in pounds by your height in inches squared.

**STEP 2:** Then multiply the result by 703.

If BMI is 30 or more you're considered obese; 25-29.9 is overweight; 18.5-24.9 is normal; below 18.5 is underweight.

More information and a BMI calculator are available at [www.cdc.gov](http://www.cdc.gov)

### Tobacco

7) If you smoke, you need to quit. Call the California Smokers Helpline (operated by the Moores UCSD Cancer Center) to get help to quit. If you haven't smoked for a while, avoid temptations that may lead you to start again. Smoking causes about 30 percent of all U.S. deaths from cancer. *(breast, lung, bladder, esophageal, oral, pancreas, kidney, cervical cancers)*

8) Avoid exposure to second-hand smoke. Establish a smoke-free home. *(breast, lung cancer)*

9) Don't chew tobacco. *(oral cancer)*

### Alcohol

10) Reduce alcohol consumption: Limit to 1 drink per day for women; 2 for men. (1 drink = 12oz beer; 5oz wine; 1.5oz liquor) *(breast, colorectal, liver, esophageal, oral cancers)*

### Sun Protection

11) Limit exposure to the sun between 10am and 4pm, when sun is strongest. *(basal/squamous cell skin cancers, melanoma)*

12) Wear sun-protective clothing. *(basal/squamous cell skin cancers, melanoma)*

13) Wear sunscreen that protects against UVA and UVB rays. Wear at least SPF15, all day, even on cloudy days. *(basal/squamous cell skin cancers, melanoma)*

### EARLY DETECTION:

*Following are basic guidelines for steps you can take to find cancer early, when there is the best chance for cure. (Guidelines apply to average risk people with no symptoms.)*

### Breast Cancer

14) Breast Self-Exam—Monthly starting at age 20

15) Clinical breast exam—Every 3 years starting at age 20; annually starting at age 40

16) Mammogram—Annually starting at age 40

### Cervical Cancer

17) Pap smear and pelvic exam—Annually starting approximately age 21; every 2-3 years after 3 consecutive normal results.

### Colorectal Cancer

18) Fecal occult blood test—Annually starting at age 50

19) Sigmoidoscopy—Every 5 years starting at age 50

20) Colonoscopy—Every 10 years starting at age 50

### Prostate Cancer

21) Digital rectal exam—Annually starting at age 50

22) PSA test—Annually starting at age 50

### Oral Cancers

23) During your regular checkup, ask the dentist to check your mouth and gums.

### Family History

24) Learn about your family risk of cancer; 5 to 10 percent of all cancers occur in people with a family member with the same cancer. Knowing what cancers have been in the family is the first step toward tailored screening and preventive options.

### ENVIRONMENTAL:

25) Avoid exposure to environmental chemicals known to cause cancer such as radon and benzene. Have your home tested for radon, an odorless gas released from rocks and soil that enters homes through cracks in the foundation. Benzene is a natural part of gasoline and cigarette smoke; exposure comes from inhaling air that contains it, so avoid smoking, secondhand smoke and vapors from heavy traffic and gas stations as much as possible. *(radon—lung cancer; benzene—leukemia)*

Please visit the Moores UCSD Cancer Center's website ([www.cancer.ucsd.edu](http://www.cancer.ucsd.edu)) for more information on how to reduce your risk of developing cancer.

Information sources: Cancer Prevention and Control Program of Moores UCSD Cancer Center, and the National Cancer Institute.

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UCSD Cancer Center

## *Helping You* **GET CONNECTED!**

*The following phone numbers and website address are provided here to help you quickly and easily access the information you need:*

**GENERAL INFORMATION:** 858-534-7600

**IF YOU ARE A NEW PATIENT:**

619-543-3456 *or toll-free* 866-558-7933

**IF YOU WOULD LIKE INFORMATION**

**ABOUT CLINICAL TRIALS:** 858-657-7020

**IF YOU WOULD LIKE TO MAKE**

**A CHARITABLE DONATION:** 858-822-0175

**WEB SITE:** [www.cancer.ucsd.edu](http://www.cancer.ucsd.edu)



**OPENING EARLY 2005**  
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*The new Rebecca and John Moores UCSD Cancer Center offers the most advanced clinical services in one comfortable, convenient location—bringing a new level of cancer care to San Diego.*