

Healthy Lifestyles

It's important to take care of yourself and stay well. You can reduce your chances of getting cancer by eating a healthy diet, getting regular exercise, protecting yourself from the sun, seeing your doctor on a regular basis, and avoiding tobacco products. The American Cancer Society offers some important tips to help you get fit and lower your cancer risk.

Eat Well

Choose foods that help you maintain a healthy weight throughout life.

- Balance caloric intake with physical activity.
- Avoid excessive weight gain throughout life.
- Achieve and maintain a healthy weight.

Eat a healthy diet with an emphasis on plant sources.

- Eat five or more servings of a variety of fruits and vegetables each day.
- Choose whole grains instead of processed (refined) grains and sugars.
- Limit the amount of processed and red meats that you eat. Choose fish, poultry, or beans as an alternative.
- Choose foods and beverages in portions that will help you maintain a healthy weight.



The National Funeral Directors Association (NFDA) and the American Cancer Society are continuing to work together to help families cope with the loss of a loved one to cancer and to increase public awareness about cancer prevention and early detection. The NFDA is committed to making a difference in the fight against a disease that affects millions of Americans.

The American Cancer Society works every day to ensure that one day, we see a world where cancer no longer threatens the lives of those we love. No matter who you are, we're in your corner when and where you need us.



We **save lives** and create more birthdays by helping you stay well, helping you get well, by finding cures, and by fighting back.

cancer.org | 1.800.227.2345



nfda.org | 1.800.228.6332



It Starts with You

Healthy Lifestyle Tips for Members of the National Funeral Directors Association



Working Together as Caregivers

The National Funeral Directors Association (NFDA) and the American Cancer Society are continuing to work together to educate the public about cancer prevention and early detection to save lives in the fight against a disease that touches millions of Americans.

The American Cancer Society works every day to ensure that one day, we see a world where cancer no longer threatens the lives of those we love. We're in your corner when and where you need us. Together with our millions of supporters, we work to save lives by helping people stay well by preventing cancer or detecting it early, helping people get well with hands-on support and services for patients and loved ones, finding cures by funding groundbreaking research, and fighting back by rallying communities and working with legislators to pass laws that defeat cancer.

Through this collaboration, the American Cancer Society is pleased to offer NFDA members helpful resources and support to guide families through the grieving process. We appreciate the vital role funeral directors play in comforting families during times of loss. Because we know it's easy to neglect your own well-being when you give so much to others, we offer healthy living tips in this brochure to help you stay well and care for yourself as compassionately as you care for the families you serve.

Get Fit

Engage in moderate to vigorous physical activity for 30 minutes or more, above your usual activities, on five or more days per week. Forty-five to 60 minutes of intentional physical activity on five or more days of the week is even better. Examples of physical activity include brisk walking, swimming, gardening, dancing, yoga, and tennis. The more you do, the better. Increase your exercise program gradually, but at a steady pace. If you have children, be active with them, too. But be sure to check with your doctor or nurse before beginning an exercise routine.

Easy Ways to Be More Active:

- Take the stairs rather than the elevator.
- Exercise at lunch with your coworkers, family, or friends.

Incorporate strength-building exercises while doing everyday tasks, such as simple leg lifts while washing dishes or bicep curls while stirring soup.

Limit Alcohol Consumption

If you drink alcohol, limit your intake to two drinks per day for men and one drink per day for women. The recommended limit is lower for women because of their smaller body size and slower metabolism. A drink is 12 ounces of regular beer, five ounces of wine, or 1.5 ounces of 80-proof distilled spirits.



Be Sun Smart

Most of the more than 1 million yearly cases of nonmelanoma skin cancer in the United States are sun related and could have been prevented with proper sun protection. You can continue to exercise and enjoy the outdoors while practicing sun safety. Follow these steps to reduce your risk:

- When possible, avoid the sun between 10 a.m. and 4 p.m.
- Use sunscreen with a sun protection factor (SPF) of 15 or higher. Reapply after swimming, toweling dry, or perspiring.
- When you are in the sun, cover up with protective clothing and cover your head with a wide-brimmed hat that shades your face, ears, and neck.
- Wear sunglasses with 99 percent to 100 percent UV absorption to provide optimal protection for the eyes and the surrounding skin.
- Follow these guidelines even on cloudy or overcast days. UV rays travel through clouds.

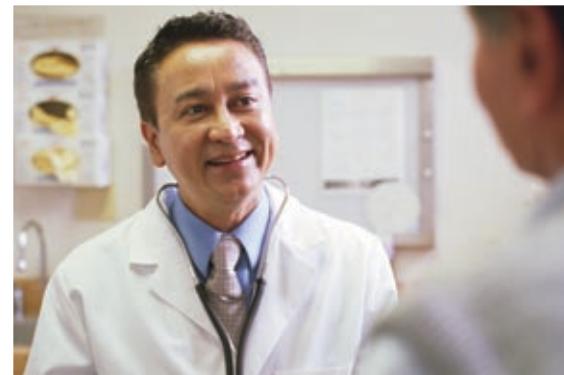
And know your skin. Be aware of all moles and spots on your skin and report any changes to your doctor right away.

Kick the Habit

Smoking is the most common cause of preventable death in the United States. According to the US surgeon general, “Smoking cessation represents the single most important step that smokers can take to enhance the length and quality of their lives.”

Regardless of your age or smoking history, quitting smoking has advantages. Quitting holds benefits even for those who already have smoking-related diseases. The surgeon general has concluded:

- Quitting smoking has immediate health benefits for people of all ages.
- Former smokers live longer than those who continue to smoke. Those who quit before age 50 cut their risk of dying in half during the next 15 years, compared to smokers.
- Quitting smoking decreases the risk of lung cancer, other cancers, heart attack, stroke, and chronic lung disease.



See Your Doctor Regularly

Many cancers can begin to grow and spread without causing any symptoms. Regular screening tests can find several cancers in their earliest stages, when treatment is most effective. Ask your doctor or nurse about the American Cancer Society’s guidelines for early detection of cancer. Be aware of any changes in your body, do regular self-exams, and visit your doctor regularly for cancer screening.

Breast exams and mammograms:

Women should have a breast exam by a doctor or nurse as part of their routine health exam every three years until age 40. After age 40, women should have a clinical breast exam and a mammogram *every year*. And women should always report any breast changes to their doctor without delay.

Pap test: Women should have a Pap test every year from ages 20 through 30. At or after age 30, women who have had three normal test results in a row may get screened every two to three years.

Colon screening: Starting at age 50, men and women should get screened on a regular basis. The frequency depends on which test you have. Talk to your doctor about which test is right for you.

Prostate exam: Starting at age 50, men should ask their doctor about the risks and benefits of getting tested for prostate cancer. African American men and men with a strong family history of prostate cancer before age 65 should talk to their doctor about the benefits and limitations of getting tested beginning at age 45.

Skin exam: Practice monthly skin self examinations and ask your doctor for a skin examination during your routine health exam.

