

Working Together

The National Funeral Directors Association is proud to continue its support of the American Cancer Society and the fight against cancer, a disease that affects millions of people every day.

Thanks to collaborators like NFDA, the American Cancer Society is able to fight for lives threatened by cancer in every community.

We help people stay well. We help people take steps to prevent cancer or find it at its earliest, most treatable stage.

We help people get well. We're available around the clock to help guide people through every step of the cancer experience.

We find cures. We fund and conduct research that helps us better understand, prevent, and cure cancer.

We fight back. We work with lawmakers to pass laws to defeat cancer and rally communities worldwide to join the fight.



The National Funeral Directors Association (NFDA) and the American Cancer Society are working 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. 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



Join Us in the Fight

NFDA members, your families, and staff can join the fight against cancer by taking advantage of opportunities that suit your schedule and match your interests.

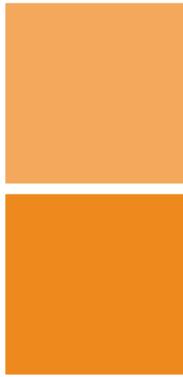
We appreciate the vital role funeral directors play in comforting families during times of loss. And, as leaders in your communities, funeral directors can be champions in the fight against cancer, raising awareness of the disease, helping educate others on ways to stay well, and raising funds to help save more lives.

Get your family and staff involved

Participate in fundraising galas and golf events, as well as in the American Cancer Society Relay For Life® or Making Strides Against Breast Cancer® community walk events.

Help others stay well

Help save lives while fulfilling your own by providing assistance to cancer patients and their families through a variety of patient services programs or helping to enlist volunteers for cancer research studies or by working with lawmakers to make your community a healthier place to live.



Healthy Lifestyles Tips

It's important to take care of yourself and stay well. Reduce your chances of getting cancer by staying at a healthy weight, eating well, exercising regularly, wearing sun protection, getting recommended cancer screenings, drinking alcohol in moderation, and avoiding tobacco products. The American Cancer Society offers these important tips:

Eat Well

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

- Limit consumption of processed meat and red meat.
- Eat at least 2.5 cups of vegetables and fruits each day.
- Choose whole-grains instead of refined grain products.

Be Active

- Engage in at least 150 minutes of moderate-intensity activity (equal to a brisk walk) or 75 minutes of vigorous-intensity activity (makes your heartbeat and breathing faster, and makes you sweat) each week.
- Take the stairs rather than the elevator.
- Exercise at lunch and walk after dinner

Limit Alcohol Consumption

If you drink alcohol, limit yourself to one drink per day for women and two drinks per day for men.

Stop Smoking

Tobacco use is the most common cause of preventable death in the United States. Quitting is hard, but the struggle is worth the effort.

- Quitting smoking has major health benefits that start right away. This is true for people who already have a smoking-related disease as well as for those who don't.
- Former smokers live longer than those who continue to smoke. Those who quit before age 50 cut their risk of dying during the next 15 years in half, compared to smokers.

Quitting smoking decreases the risk of lung cancer and chronic lung diseases, other cancers, heart attack, and stroke.



See Your Doctor Regularly

Many cancers can begin to grow and spread without causing any symptoms. Recommended screening tests can find some cancers at an earlier stage, when treatment is most effective.

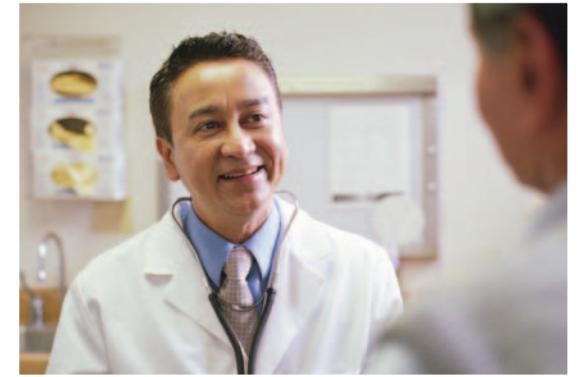
Ask your doctor about the American Cancer Society's guidelines for early detection of cancer.

Breast cancer screening:

Women in their 20s and 30s should have a breast exam by a doctor or nurse as part of their routine health exam every three years. Beginning at 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.

Cervical cancer screening:

- Cervical cancer screening should begin at age 21. Women under age 21 should not be tested.
- Women between ages 21 and 29 should have a Pap test every three years.
- Women between the ages of 30 and 65 should have a Pap test plus an HPV test (called "co-testing") every 5 years. This is the preferred approach, but it is also OK to have a Pap test alone every three years.
- Women over age 65 who have had regular cervical cancer testing with normal results should not be tested for cervical cancer.



Colon cancer 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 cancer screening:

Starting at age 50, men should talk to a doctor about the pros and cons of testing so they can decide if testing is the right choice for them. Men who are African American or have a father or brother who had prostate cancer before age 65 should talk with a doctor starting at age 45. Those with more than one first-degree relative diagnosed before age 65 should talk with their doctor beginning at age 40.

Cancer-related check-ups:

For people who are 20 or older who choose to have periodic health exams, a cancer-related check-up should include health counseling and, depending on a person's age and gender, exams for cancers of the thyroid, oral cavity, skin, lymph nodes, testes, and ovaries, as well as for some nonmalignant (noncancerous) diseases.