8
Ways to Stay Healthy and Prevent Cancer

Over half of all serious diseases in the U.S. could be prevented with healthier lifestyles. By following these eight lifestyle recommendations, you can lower your risk of cancer, heart disease, stroke, osteoporosis, and diabetes. Before you know it, you'll also have more energy and get a boost to your mood.

So take control of your health, and encourage your family to do the same. Choose one or two behaviors to start. Once you've got those down, move on to the others.

1. Maintain a healthy weight
2. Exercise regularly
3. Don’t smoke
4. Eat a healthy diet
5. Drink alcohol only in moderation, if at all
6. Protect yourself from the sun
7. Protect yourself from sexually transmitted infections
8. Get screening tests

KNOW YOUR RISK. CHANGE YOUR FUTURE.

Ever wonder whether or not you are at risk for a certain type of cancer? Heart disease? Diabetes? Osteoporosis? Stroke? A few clicks of the mouse at the “Your Disease Risk” website will tell you your risk. Answer a few questions about your medical history, eating habits, exercise, and behaviors and you’ll get a personalized estimate of your risk for each major disease plus tips on how to lower your risk.

Go to www.yourdiseaserisk.wustl.edu and find out how knowing your risk can change your future.

For more information visit www.siteman.wustl.edu or call 800-600-3606.

Brought to you by the Program for the Elimination of Cancer Disparities (PECaD), a program of the Siteman Cancer Center working to eliminate local and regional disparities in cancer education, prevention and treatment through community outreach, research and training.
Healthy Weight. Less Cancer.

As a cancer prevention researcher, Bettina Drake, PhD, MPH, works every day to uncover new ways to help you live healthy and cancer free. That's good news for the future, and even better, there's good news to share today. There are already several research-proven ways to lower your cancer risk! One way is maintaining a healthy weight. Not sure how to begin? Dr. Drake recommends first focusing on not gaining any more weight. Then, focus on eating a healthier diet and exercising to get to a healthy weight. Ask a health care provider for help maintaining your healthy weight.

More Exercise. Less Cancer.

Kem Smith had an immediate connection to fitness. Her mother opened the door for this passion by taking Kem to her first exercise class at age 15. Right then and there, Kem fell in love with group fitness. While Kem continued to exercise regularly, her mother struggled. Years later, Kem's mother was diagnosed with lymphoma. She shared one final wish for her life before passing - “I want my life to mean something.”

Kem took that wish to heart. Following the passion that her mother inspired, Kem left her job as a teacher and went into fitness full time. She opened K.I.S.S. Fitness Café and Spa in 2012. Today, Kem not only helps people stay healthy and prevent cancer through group exercise classes, but she has also opened the doors to her fitness center for the Program for the Elimination of Cancer Disparities (PECaD) to hold community events focusing on the health of cancer survivors.

Regular exercise – just 30 minutes each day – will lower your risk of developing cancer. Whether you’re running on a treadmill or walking around the block, it all counts. Encourage your whole family to get up and moving together. Exercise is especially important for cancer survivors. For some cancers, regular physical activity may lower the risk of recurrence and help cut the risk of other chronic diseases.
Mammograms are essential to catching breast cancer early and will save the lives of women. African-American women in St. Louis have a higher risk of dying from breast cancer. One of the many reasons is they are diagnosed at a later stage. The Program for the Elimination of Cancer Disparities (PECaD) works with community leaders like Mikki and health care providers to find new ways to improve access to mammograms and treatment, improve breast cancer prevention research, and spread the word about things you can do to lower your risk of developing breast cancer.

Mikki Brewster’s journey with cancer began in 1994, when her diligence in getting yearly mammograms and doing breast self-exams saved her life. The lump she felt was breast cancer, which was treated with a mastectomy and chemotherapy. Thankfully, her cancer remains in remission. Mikki still gets regular mammograms and is determined to help other women commit to getting theirs as well.

Seven surgeries in three years. A mother who battled breast cancer. A sister who tested positive for BRCA-2, a gene mutation that increases the lifetime risk of developing breast and ovarian cancer. Valeda Keys’ journey with breast cancer has undoubtedly been long, hard and trying, but it also gave her the strength to tell her story and impact women throughout St. Louis. She launched Valeda’s Hope, a nonprofit that raises breast cancer awareness and hosts an annual conference. Valeda also became a community research fellow in the Program for the Elimination of Cancer Disparities (PECaD). Through a training program led by researchers and physicians, Valeda learned how community members play a crucial role participating in and improving research studies for cancer and other diseases.

Valeda’s dedication to getting regular mammograms saved her life and led to her bringing more good into the world through her advocacy work. Mammograms are essential to catching breast cancer early and will save the lives of African-American women. The Program for the Elimination of Cancer Disparities (PECaD) works with community members, local organizations and health care providers to find new ways to improve access to mammograms and treatment, improve breast cancer research, and spread the word about things you can do to lower your risk of developing breast cancer.
The Norfolk Family —
Damon, Monique and daughter, Mikaylah

Cancer is a complex disease. Your risk of developing cancer isn’t based only on genetics or family history (although they do play a role). The things we do every day affect our risk of developing cancer. Wondering how much lifestyle affects cancer risk? Research shows that half of all cancer today could be prevented by not smoking, reducing obesity and maintaining a healthy weight, eating a healthy diet, and being physically active.

The Norfolk family decided to act on this knowledge. They incorporate cancer prevention strategies into their everyday lives. They eat a healthy diet (choosing fish instead of red meat), stay physically active (family walks around the neighborhood), they don’t smoke, and they’ve talked with their doctors about when to start important cancer screening tests.

Maranda Witherspoon
Maranda Witherspoon wants you to live your healthiest life. Through her work in public health and community leadership with the Program for the Elimination of Cancer Disparities PECaD), Maranda is committed to making St. Louis communities healthier. She takes cancer prevention seriously and has made important lifestyle changes to lower her risk of developing cancer. One of those changes is eating a healthier diet.

Studies have shown, and continue to show, that diet affects cancer risk. Calories alone, and the weight gain they cause, can impact at least 11 different cancers. Getting adequate calcium and vitamin D in your diet can lower colon cancer risk. Fruits and vegetables lower the risk of certain kinds of breast cancer. And too much red meat – particularly processed meats – can increase colon cancer risk.
More Screening. Less Cancer.

Prostate cancer is the most common cancer in men in the United States. Nearly 200,000 men are diagnosed with it each year, and most men have no symptoms prior to their diagnosis. That’s why screening for prostate cancer is so important. Arnold Bullock, MD, of the Siteman Cancer Center passionately advocates for prostate cancer screening for men, especially for men with a higher risk of developing the cancer. That includes African-American men over age 40 and men with one or more close relatives (father, brother, grandfather, etc.) who had prostate cancer before age 65.

More Exercise. Less Cancer.

The same month Raymond Marbury found out he had prostate cancer, his fraternity brother passed away from it. Losing his friend was so hard that Raymond declared if he survived cancer, he would become an advocate. Fifteen years later, Raymond is fulfilling his promise and volunteering with the Program to Eliminate Cancer Disparities (PECaD) to bring attention to cancer screening, prevention and cancer disparities in St. Louis. At PECaD community talks and events, Raymond encourages men to become advocates for their own health.

One way that men and women can become advocates for their health is by understanding what raises and lowers the risk of developing cancer. These are often things we do (or don’t do) every day! For instance, there is strong scientific evidence that regular exercise – just 30 minutes each day – will lower your risk of developing certain cancers, including breast, colon and uterine cancer. Being obese, which often goes hand-in-hand with the lack of exercise, is also associated with having a higher risk for prostate, ovarian, cervical cancer and others.
Vetta Sanders Thompson, PhD, studies cancer health disparities, where a group of people within a population gets or dies from cancer more often when compared with other groups. In the St. Louis region, some groups of people are more likely to die from breast, colorectal, prostate, lung, and cervical cancers compared to the general population. This includes African Americans, people who have low income, and people with less than a high school education. The reasons are complex, and the Program for the Elimination of Cancer Disparities (PECaD) is committed to finding ways to reduce this cancer burden for St. Louis communities.

Good news – the latest research shows improvement. More people are getting cancer screening tests, which find cancer early when it is most treatable. Cancer screening tests include mammograms (breast cancer), colonoscopies (colorectal cancer), and PSA blood tests (prostate cancer). Your health care provider can help you determine which tests are right for you and when you should start getting them.
Program for the Elimination of Cancer Disparities (PECaD)

VISION:
Partnering to end cancer disparities

MISSION:
To create a national model for eliminating local and regional disparities in cancer

GOAL:
Through our community partnerships, we work to develop outreach and education, research, and training strategies that will foster healthy communities and environments less burdened by cancer disparities

RESOURCES:
Where can I find information on cancer risk, prevention, early detection, treatment, research and more?

- Nothing can take the place of a conversation with a health care provider. If you need help finding a health provider, visit www.211.missouri.org or call 2-1-1 from most landlines (1-800-427-4626 from cell phone).

- You may be eligible to receive free annual mammograms and free or low-cost Pap tests through the Siteman Cancer Center. To find out, Missouri residents can call 314-454-8466 or 1-800-600-3606. Illinois residents can call 1-888-522-1282.

- Counselors from the National Institute of Cancer are available to answer questions in English or Spanish, Monday through Friday, 8a.m. to 8 p.m.: 1-877-44U-QUIT (1-877-448-7848).

- For information about quitting smoking, counselors are available to help you quit - Within MO & IL: 1-800-QUITNOW (1-800-784-8669)

In addition to talking with a health care provider, there are websites with credible, research-based information on cancer prevention. It’s important that you use accurate sources. Here are some websites to help you find more information about cancer.

- Your Disease Risk: yourdiseaserisk.wustl.edu

- Centers for Disease Control and Prevention: cdc.gov/cancer

- American Cancer Society: cancer.org

- Siteman Cancer Center: siteman.wustl.edu

For more information about PECaD, visit siteman.wustl.edu/pecad.aspx or contact us at 314-747-4611 or email PECaD@wudosis.wustl.edu
Siteman Cancer Center at Barnes-Jewish Hospital and Washington University School of Medicine is an international leader in cancer treatment, research, prevention, education and community outreach. Because of this, it is the only cancer center in Missouri to hold the prestigious Comprehensive Cancer Center designation from the National Cancer Institute and membership in the National Comprehensive Cancer Network, a nonprofit group dedicated to improving the quality and effectiveness of cancer care in the United States.

Four convenient locations in the St. Louis region.

**St. Louis**  
660 South Euclid Ave., Box 8100  
St. Louis, MO 63110  
siteman.wustl.edu

**West St. Louis County**  
10 Barnes West Drive  
Medical Office Building 2  
Creve Coeur, MO 63141  
sitemanwest.wustl.edu

**St. Charles County**  
150 Entrance Way  
St. Peters, MO 63376  
sitemanstpeters.wustl.edu

**South St. Louis County**  
5225 Mid America Plaza  
St. Louis, MO 63129  
(I-55 and Butler Hill Road)  
sitemansouth.wustl.edu

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