



LARIMER
COUNTY

SEPTEMBER 2022

HEALTH UPDATE

Steps You Can Take Now To Reduce Risk

CANCER PREVENTION



Cancer is the second leading cause of death in the United States.

Nearly half of all cancer cases and deaths due to cancer are attributed to preventable risks and habits. Start with the tips below to reduce your risk.



COMPLETE YOUR ANNUAL PREVENTIVE EXAM

A preventive exam can help your doctor identify issues early. Complete a biometric screening at your next preventive exam—this includes a blood test that measures your blood sugar, triglyceride, and cholesterol levels. Schedule a follow-up appointment to discuss your results and address how to improve any areas of concern your doctor identifies.



TAKE PREVENTIVE MEASURES TO KEEP YOURSELF HEALTHY

Practice cancer-reducing habits that support your physical and emotional health. Avoid smoking and vaping, wear sunscreen, eat a balanced diet, and exercise regularly. Poor emotional health can negatively impact your physical health and put you at greater risk; prioritize self-care, enjoy the outdoors for your exercise, and set a healthy work-life balance to maintain your emotional wellness.



EARLY DETECTION IS KEY

Early detection is proven to reduce death from common cancers including breast, cervix, colon and rectum, prostate, and lung cancer. Regularly complete at-home self-exams when possible and connect with your doctor right away if you notice any changes in your health. Stay up to date on appropriate clinical **cancer screenings** based on your age, health condition, and family history.