

# The Truth About Cancer

You may have heard that there is nothing you can do to prevent cancer

**BUT THE TRUTH IS...** ▶

You may have heard that cigars and chewing tobacco do not cause cancer

**BUT THE TRUTH IS...** ▶

You may have heard that prostate cancer is a disease that only affects older men

**BUT THE TRUTH IS...** ▶

You may have heard that colon cancer is a man's disease

**BUT THE TRUTH IS...** ▶

You may have heard that you can't get breast cancer if no one in your family has had it

**BUT THE TRUTH IS...** ▶

You may have heard that cancer is caused by an injury, bump, or bruise

**BUT THE TRUTH IS...** ▶

You may have heard that there is nothing you can do if you are diagnosed with cancer

**BUT THE TRUTH IS...** ▶

Do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own?

*(1 Corinthians 6:19)*



# The Truth Is...

**You can take important steps to lower your chance of getting cancer.** Eating a healthy diet, exercising, and not smoking can help keep you healthy.

**Cigars and chewing tobacco also cause cancer, just like cigarettes.** Reduce your risk of cancer, do not use any type of tobacco.

**Men in their 40s and 50s can also get prostate cancer.** Talk to your doctor about being tested for prostate cancer.

**Women also get colon cancer.** Tests for colon cancer are important for both men and women. Talk to your doctor about colon cancer to decide which test is right for you.

**You can get breast cancer even if no one in your family has had it.** Breast exams and mammograms are important for all women. Talk to your doctor about which tests are right for you.

**An injury, bump, or bruise does not cause cancer.** But there are many things you can do to decrease your chances of getting cancer.

**There are 10.5 million cancer survivors alive today...** an early diagnosis improves the quality of your life. Don't delay, check in with your doctor today.

**For more information please contact your church office or (617) 632-4860**