

# The Choice is Yours

To Get the Right Information

When was the last time you were screened for cancer?

A cancer screening means that your doctor does a test check if you have cancer – even when you do not have any symptoms. This might seem scary at first, but many tests can help you.



“Go get those check ups! Go get those mammograms! Men, you’re in manhood if you go get checked for cancer. Take care of yourself and the people who are taking care of the people who are taking care of you.”

– Kaicee K., cancer survivor

“You need to take care of yourself. You have the right to ask for ways to help you quit smoking. Like smoking cessation groups, patches, anything to help you quit.”

– GiGi deR., cancer survivor, South End



# The Choice is Yours

“It’s hard to lose weight. I keep a journal so I can go back and see where I’ve goofed and then I try to fix it. I step ahead and I repair where I went wrong.”

– Lorraine S., cancer survivor, Roxbury



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To Choose Healthy Foods

Did you know? Obesity causes a very high chance of getting many types of cancer, like breast, colon, and kidney cancer.

6 out of 10 Americans are overweight or obese.

**Myth:** Eating a healthy diet means giving up all your favorite foods.

**Truth:** You can eat what you like, just eat smaller amounts.

It is up to you to make choices that keep you healthy. Here are some healthy snacks you can try:

- ✓ Small bowl of no-sugar applesauce or peaches.
- ✓ Handful of mixed nuts.
- ✓ Veggies with low-fat dip.



“I find that walking is truly the best kind of exercise. I’m an avid walker. When the weather is good, I walk early in the morning in my complex – sometimes I walk several miles!”

– Audrey J., Roslindale



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To Be Active for Your Health

Did you know? You do not have to be an athlete to make a difference.

Even small amounts of physical activity will help you lower your chance of getting cancer.

**Myth:** Physical activity only helps your heart, it does not help with cancer.

**Truth:** You can lower your chance of getting cancer.

It’s important to develop a healthy lifestyle, eat well and exercise and see your doctor every year. Make your checklist of medical tests, that you’ve done and know how often to get them.”

– Lorraine T., Dorchester



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To Lower Your Risk of Cancer

Did you know? 50% of all cancers are preventable.

You have the power to make a big difference in your health by taking steps to lower your chance of getting cancer.

- ✓ **Work with Your Doctor**  
Have regular screening tests.  
Avoid tobacco products.  
Talk about your chances of getting cancer.
- ✓ **Include Your Family**  
Take walks, dance and be active.  
Eat healthy foods like fruits and vegetables.  
Keep a healthy weight.
- ✓ **Energize Your Community**  
Tell others to be screened.  
Look for ways that you can help your community take action.
- ✓ **The Choice is Yours**  
Learn the truth about cancer and how to prevent it.



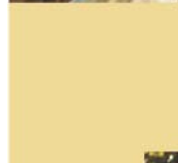
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regular screening tests!

The choice is yours to protect yourself from cervical cancer.

**Myth:** Prostate cancer only happens to older men.

**Truth:** Men in their 40s and 50s can get prostate cancer too!

There are 3 common tests for prostate cancer. Ask your doctor what is right for you.

