



Healthy Lifestyle for Cancer Prevention

October 2016 Topic of Interest Resource List

In 2016, it is estimated that 1.6 million people will be diagnosed with cancer and 595,690 people will die from cancer in the United States.¹ However, there are several ways new cancer cases can be reduced and cancer deaths can be prevented. Screening for certain types of cancer can catch the disease early and allow for treatment in the early stages of the disease, when treatment is most effective.² There are also vaccines that can help lower cancer risk.² Lastly, healthy lifestyle behaviors play an important role in preventing cancer.² These lifestyle behaviors include being tobacco free, limiting alcohol use, using sun protection, maintaining a healthy weight, being physically active, and eating a healthy diet rich in fruits and vegetables.

NMCPHC HPW Department provides Sailors, Marines, beneficiaries, and DoD civilians the tools and resources they need to take charge of their health and start adopting healthy lifestyle behaviors, and potentially prevent a cancer diagnosis.

To promote the Healthy Lifestyle for Cancer Prevention Topic of Interest, the HPW Department will develop a resource list that includes the following resources:

HPW resources:

- [Take Charge of Your Health](#)
- [Four Tips on Talking to Your Doctor for Better Health](#)
- [Seven Tips for Shaping Healthy Habits](#)

External resources:

- [National Cancer Institute](#)
- [Centers for Disease Control and Prevention](#)
- [TRICARE](#)

Resources

¹ National Cancer Institute. Cancer Prevention Overview (PDQ®)—Health Professional Version. <http://www.cancer.gov/about-cancer/causes-prevention/hp-prevention-overview-pdq>. Updated August 2016. Accessed August 2016.

² Centers for Disease Control and Prevention. How to Prevent Cancer or Find It Early. <https://www.cdc.gov/cancer/dcpc/prevention/index.htm>. Updated February 2016. Accessed August 2016.