

The **Suffolk County Cancer Prevention and Health Promotion Coalition (CPHPC)**, formerly known as the **Cancer Awareness Task Force**, was formed in 2004 and is composed of health advocates, medical care organizations, cancer researchers and staff from the Department of Health Services as well as other county depts. For more information contact us at (631)854-0087.



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# Suffolk County



Suffolk County  
**Cancer Prevention  
and Health Promotion  
Coalition**

## Top Ten Recommendations for a Healthy Lifestyle



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# Top Ten List for a Healthy Lifestyle

Each year in Suffolk County, approximately 9000 new cases of cancer are diagnosed and 3000 people die of cancer, yet many of these cancers could have been prevented. The Suffolk County Cancer Prevention and Health Promotion Coalition (CPHPC) wants you to know what **YOU** can do to reduce your chances of getting cancer. **Here are 10 steps that you can start now.**



**3 Keep Active**  
Experts recommend a minimum of 30 minutes of physical activity per day, 3 to 5 days per week. **Be active throughout the day.** Including moderate activity in your daily routine can reduce your risk of colon and breast cancer.

**4 Choose Healthful Food**  
Include plenty of vegetables, fruits, whole grains and beans, in as unprocessed a state as possible. Limit red meat and avoid processed meat, such as cold cuts, hot dogs and sausage. The World Health Organization states that dietary factors account for about 30 percent of all cancers in western countries.

**5 Limit Alcohol Intake**  
There is evidence that having two or more drinks each day increases your risk of getting breast cancer by about 25 percent.

**6 Protect Your Skin ...**  
from over exposure to the sun, especially between 10 a.m. and 4 p.m. **Avoid indoor tanning devices.** Melanoma is the fastest growing cancer in America and the second most common cancer for 18 to 29 year olds.

**7 Get Regular Check-Ups**  
Cancer screening saves lives. Detecting cancer early increases the chances of successful treatment and improves survival rates. Talk with your doctor about which cancer screenings are necessary for you.

**8 Choose Healthful Products**  
... for your home and personal care. Use the CPHPC **"Home Product Checklist,"** which can be viewed on Suffolk County's website. See link below.

**9 Check Your Vitamin D Levels**  
Talk with your health care provider about having your vitamin D levels checked. If necessary, ask about ways to increase your vitamin D via supplementation or healthy exposure to the sun.

**10 Stay Informed!**  
For the latest information, check the CPHPC website regularly: [www.suffolkcountyny.gov/cancerawareness](http://www.suffolkcountyny.gov/cancerawareness)

**1 Avoid Tobacco Products**  
Tobacco use and exposure to environmental tobacco smoke can cause heart disease and cancer of the lungs, bladder, kidneys, esophagus and larynx, and is linked to other cancers as well.

**2 Maintain a Healthy Weight**  
Being overweight may increase your chance of getting certain cancers such as breast cancer. To maintain a healthy weight, it is best to select water over sweetened and diet beverages.