

In the Fight Against Disease, Knowledge is Power.

You make choices every day to protect yourself and your family from danger. But what are you doing to protect yourself from diseases such as cancer, diabetes, heart disease, and stroke?

Each year, more than 1.5 million people die from these diseases. That's about two out of every three deaths.

The American Cancer Society, American Diabetes Association, and American Heart Association want you to know that by taking charge of your everyday choices, you can help lower your own risk and your family's risk of cancer, diabetes, heart disease, and stroke.

**Eat Right.
Get Active.
Don't Smoke.
See Your Doctor.
And Live.**

We can give you the facts you need to help prevent cancer, diabetes, heart disease, and stroke. Visit www.everydaychoices.org or call us at 1-866-399-6789.

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or call 1-866-399-6789
for more information.

American Cancer Society
1.800.ACS.2345
www.cancer.org

American Diabetes Association
1-800-DIABETES
www.diabetes.org

American Heart Association
1-800-AHA-USA1
www.americanheart.org

Everyday Choices For A Healthier Life



Make the choice to help prevent cancer, diabetes, heart disease, and stroke.



Eat Right



- Eat at least five servings of fruits and vegetables every day. They're good for you, low in calories, and high in fiber.
- Eat less saturated fat and cholesterol.
 - Choose fish, chicken, turkey, and lean cuts of beef and pork.
 - Choose beans or soy products.
 - Choose fat-free or low-fat products including fat-free and low-fat cheeses, and other dairy products. Gradually switch to fat-free milk.
 - Use less fat in cooking. Bake, broil, grill, boil, steam, poach, or microwave foods instead of frying them.
- Watch serving sizes, especially of foods high in fat and sugar.
- To lose weight, eat less. Try fruit and vegetables for snacks instead of chips, cakes, or cookies. Being more active will also help you lose weight.

Get Active



- Being active can lower your risk of serious diseases.
 - Be active for at least 30 minutes five days a week or more.
 - If you don't have 30 minutes, try doing 10 minutes in the morning, 10 minutes in the afternoon, and another 10 minutes later in the day.

Don't Smoke



Tobacco kills more than half of the people who use it. Don't be one of its victims.

- If you don't smoke, don't start.
- If you do smoke, quit. It won't be easy, but you can do it with help. Talk to your doctor or nurse, or contact us.

Take These Questions to Your Next Doctor's Visit

1. At my age, what tests should I have to check for diseases?
2. People in my family have (cancer/diabetes/heart disease/stroke). Is there a special schedule of tests I should follow?
3. With these diseases in my family, do I need to be more concerned about my diet? My weight? My physical activity level?
4. Am I at a good weight? What should I do to lose weight?
5. How much physical activity should I get? How can I get started?
6. What's the best way for me to stop smoking?

See Your Doctor



Many diseases can be treated or even prevented. But you need a doctor's help.

- Be sure to ask about these tests suggested by the American Cancer Society, American Diabetes Association, and American Heart Association.

MEN AND WOMEN:

- **Blood pressure check** – Check each time you see a doctor or nurse or at least every two years.
- **Weight** – Check your BMI (weight) each time you see a doctor or nurse.
- **Cholesterol check** – Starting at age 20, get tested every five years.
- **Blood glucose (sugar) test** – Starting at age 45, have your blood glucose checked every three years. This test should be done before you eat breakfast.
- **Colon screening** – Starting at age 50, get tested every one to 10 years, depending on the type of test.

WOMEN ONLY:

- **Breast exam and a mammogram** – Get a breast exam by your doctor or nurse every three years until you are 40. After 40, have a breast exam and a mammogram every year.
- **Pap test** – Get one every year from age 20 to 30. At 30 and older, get tested every one to three years (this depends on the type of test and your past test results).

MEN ONLY:

- **Prostate exam** – Starting at age 50, your doctor should offer you testing and discuss the pros and cons of testing with you.