



**Department of Health**  
140 County Highway 33W  
Suite 3  
Cooperstown, NY 13326  
Phone: (607) 547-6483  
Fax: (607) 547-4385

## April is Cancer Control Month

The Otsego County Department of Health is uniting with communities across the state as it observes April as Cancer Control Month. Designating such a month aims to increase awareness of prevention, detection, and treatment methods, as well as to give support to cancer patients and survivors.

Cancer is the second leading cause of death among Americans, exceeded only by heart disease. It is paramount that we recognize months designed to educate the people of our communities on cancer prevention, and to rededicate ourselves to the fight against this devastating disease.

Screening examinations by health care providers can save lives through the early detection of breast, cervical and colorectal cancers. Cervical and colorectal cancer may even be prevented through the discovery and removal of precancerous lesions.

Cancers that can be prevented or detected earlier by screening account for about half of all new cancer cases. It is important to schedule routine screening for the most common cancers.

It is also important to act proactively. The Otsego County Department of Health urges you to reduce your risk by doing the following:

- **Kick the habit** – The major cancer culprit is tobacco (cigarettes, cigars, pipe tobacco, chewing tobacco). This addiction has been linked to cancers of the lung, mouth, esophagus, pancreas, cervix, kidney and bladder.
- **Food fight** – Eat foods from plant sources – fruits, vegetables, legumes and grains -- which have an abundance of vitamins, minerals, fiber and other cancer-fighting substances. Also, if you eat a high-fat diet or are overweight, you're at increased risk for cancers of the colon, prostate, uterus and breast.
- **Be sun smart** – Longer days means more time in the sun. While performing some of your favorite sun activities, such as yard work or trips to the lake, wear sunscreen that has a skin protection factor (SPF) of 15 or higher. It's also smart to stay in shaded areas and wear a hat outdoors to protect against the sun's damaging rays. Skin cancer is the most common form of cancer and the most preventable if you cover up.
- **Get a move on** – Physical activity plays a key role in weight control and preventing obesity – key factors for several kinds of cancer. Studies show regular physical activity throughout your life can significantly reduce your risk for cancer of the breast and colon.

So, as you think about being more active this spring, be sure to keep the big picture in mind.

Any healthy change we make in our lifestyle is good for our health, for our quality of life and for preventing cancer. It is one thing to acknowledge that a healthy lifestyle is good for you. It's just as important to recognize that it's good for those you love as well.

For more information, visit on-line at [www.nyhealth.gov](http://www.nyhealth.gov) or call:

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140 County Highway 33W-Suite 3  
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(607) 547-4230