

The logo features the letters 'RSI' in a white serif font inside a blue diamond shape on the left. To its right, the words 'Wellness Watch' are written in a large, white, sans-serif font with a blue outline. The background of the logo is a horizontal gradient from red to blue.

RSI Wellness Watch



Your Cancer Prevention & Early Detection Plan

It's time to take an active stance in the fight against cancer by practicing preventive health measures to help lower your risk. There are a number of factors that can increase your chances of developing cancer. It's important to educate yourself in the following areas and learn what you can do to minimize these risks:

Food and Exercise

Researchers agree that unhealthy diets and sedentary lifestyles are among the most important contributors to cancer risk. Each year, 550,000 Americans die of cancer. One-third of these deaths are linked to poor diet, physical inactivity and carrying excess weight. Being overweight causes the body to produce and circulate more of the hormones estrogen and insulin, which can stimulate cancer growth.

Help lower your risk for cancer by incorporating healthful nutrition & physical activity behaviors such as:

- Maintain a healthy weight throughout life and have your body fat measured to make sure it's within a healthy range.
- Adopt a physically active lifestyle to help influence your immune system.
- Eat a healthy diet, with an emphasis on plant sources.
- If you drink alcoholic beverages, limit consumption.

Sun & Skin Safety

There are more than 1 million skin cancers diagnosed each year in the United States. The sun's UV rays cause the vast majority of skin cancers including melanoma, which can be life-threatening. Fortunately, there are plenty of ways to protect yourself from skin cancer.

When practiced together, these steps provide the most effective protection against skin cancer:

- Limit direct sun exposure during midday. UV rays are most intense during the middle of the day.
- Cover up. Wear clothing that protects as much skin as possible and don't forget the hat!
- Use a sunscreen with a sun protection factor (SPF) of 15 or higher.
- Wear sunglasses that block UV rays. *Although it's rare, melanoma can also develop in the eyes.*
- Avoid tanning beds and sunlamps. They give out UVA and UVB rays, which may both contribute to developing skin cancer.
- Examine your skin regularly and follow up with your physician if you detect any abnormalities.

Tobacco Use

Tobacco use accounts for about one third of all cancer deaths in the United States. Smoking causes almost 90% of lung cancers.

The US Surgeon General has stated, "Smoking Cessation (quitting smoking) represents the single most important step that smokers can take to enhance the length and quality of their lives." Kicking the habit is not an easy task, but with the proper resources and support, it can be achieved effectively.

Successful quitting is a matter of proper planning and commitment. Whether your plan includes using the nicotine patch or gum, joining a tobacco cessation program, or using self-help materials, you should familiarize yourself with the physical and psychological withdrawal symptoms you may experience and find coping strategies to help keep you on track.

The American Cancer Society recommends that you live smart and take simple health improvement steps to help prevent cancer. Begin by visiting http://www.cancer.org/gahc/nonflash_gahc/index.html. Take **The Great American Health Check**, an online health questionnaire and personalized action plan that you can share with your physician. For additional tips on living healthy and lowering your risk for cancer, be sure to take advantage of the wellness opportunities that may be available to you through your health insurance carrier.