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of Michigan

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Cancer screenings can save your life

This year, an estimated **1.8 million Americans** will be diagnosed with cancer. Preventive care, including cancer screenings, can help doctors find and treat cancer early. The earlier the detection, the easier it may be to treat.

Talk with your doctor now about screenings for:

-  Breast cancer
-  Cervical cancer
-  Prostate cancer
-  Colon and rectal cancer

To help reduce your cancer risk:

- Get annual check-ups and regular cancer screenings.
- Know yourself, your family history and your risks.
- Get to and stay at a healthy weight, and incorporate regular physical activity.
- Eat healthy with plenty of fruits and vegetables.
- Avoid tobacco and keep alcohol to a minimum.
- Protect your skin.

For more information about cancer and screenings, visit **mibluesperspectives.com** and **cancer.org**.