

# YOUR FAITH, Your Health.



## Maintaining a healthy weight for your body may reduce cancer risk.

An active lifestyle, healthy food choices and sleep can also help reduce stress and protect your immune system.

### FOLLOW THESE 3 EASY STEPS FOR A HEALTHY MIND & BODY:

#### 1 STAY ACTIVE

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A walk in the park or a leisurely bike ride is all you need to reap the rewards associated with exercise. Research shows that exercise is one of the best forms of prevention for chronic diseases such as diabetes, heart disease, depression and anxiety.

#### 2 FEED YOUR BODY & SOUL

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Eating a well-balanced diet may help ward off illness and keep you nourished. Choosing intensely colored fruits and vegetables in all of the colors of the rainbow is a great way to boost your daily nutrition.

## 3 GET ENOUGH SLEEP

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A poor night's sleep not only makes getting through the day difficult, it also may increase your risk of diseases, especially if you suffer from chronic lack of sleep. Inadequate sleep has been associated with obesity, diabetes, stroke, heart disease and cancer. Quality sleep is essential for healing, proper immune function and mental health.

SOURCE: cancer.gov

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*Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies. - 1 Corinthians 6:19-20 (New International Version)*



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# FEEL CONFIDENT WITH A Second Opinion



## RECEIVING A CANCER DIAGNOSIS IS A LIFE-CHANGING EVENT.

You may be overwhelmed with different emotions and feel unsure about what to do next. Explore a second opinion. This can help you make a more informed decision about your cancer treatment, and can also introduce you to advanced treatment options.

### CONFIRM YOUR DIAGNOSIS

Confirming your diagnosis can help you feel more confident that you are choosing the right treatment path. In some cases, a second opinion might yield a different type or stage of cancer, which changes the treatment plan.

### MANAGE SIDE EFFECTS

A multidisciplinary care team dedicated to treating your cancer while also using evidence-informed supportive care services to help manage side effects, maintain energy and stay strong throughout treatment.

### THE PATH TO THE RIGHT TREATMENT PLAN



## A DOCTOR AND FACILITY FOR YOUR NEEDS

Most doctors understand that patients have a right to a second opinion and should not feel offended. In fact, many doctors encourage it before making a treatment decision. When meeting with a new doctor, take note of the nurses and office staff to make sure you choose the team and hospital that is right for you.



## GOAL : THE RIGHT TREATMENT PLAN FOR YOUR INDIVIDUAL NEEDS

One doctor may say that your cancer is untreatable, while another may be willing to explore other treatment options. If you're concerned that all of your needs aren't being met, then a second opinion might help you find the right treatment path.

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# SCREENING & PREVENTION for Women.



## IF DETECTED EARLY, CANCER MAY BE EASIER TO TREAT.

Regular examinations and health screenings may make a big difference. Schedule an appointment with your primary care physician to complete a physical and receive individual screening recommendations.

### BY AGE

- Monthly skin self-exams
- Monthly breast self-exams
- Pap test every 3 years
- Knowing your risks and speaking with your physician to determine other early screenings (colonoscopy and mammogram)

20's  
&  
30's

- Monthly skin self-exams
- Monthly breast self-exams
- Pap test every 3 years
- Annual mammograms (starting at age 45)
- Colorectal screening (starting at age 45)

40's

- Monthly skin self-exams
- Bi-annual mammograms
- Physical exam (annually from 50-54, biannually 55+)
- Annual colorectal screenings
- Pap + HPV test every 5 years
- Annual lung screening (if at risk, 55 years +)

50's

- Monthly skin self-exams
- Bi-annual mammograms
- Monthly breast self-exams
- Annual lung screening (if at risk)
- Pap + HPV test every 5 years (until 65, as long as tests come back normal)
- Colonoscopy every 5-10 years (through age 75)

60's



# SCREENING & PREVENTION for Men.

## BY AGE

- Monthly skin self-exams
- Monthly testicular self-exams
- Knowing your risk and speaking with your physician about prostate and colon cancer screenings (Starting at 45)

20's  
30's  
& 40's

- Monthly skin self-exams
- Monthly testicular self-exams
- At 50, all men should speak with their physician about prostate cancer screening
- Annual lung screening (if at risk, 55 years +)
- Colonoscopy (starting at age 45 through age 75)

50's  
& 60's

SOURCES: cancer.org

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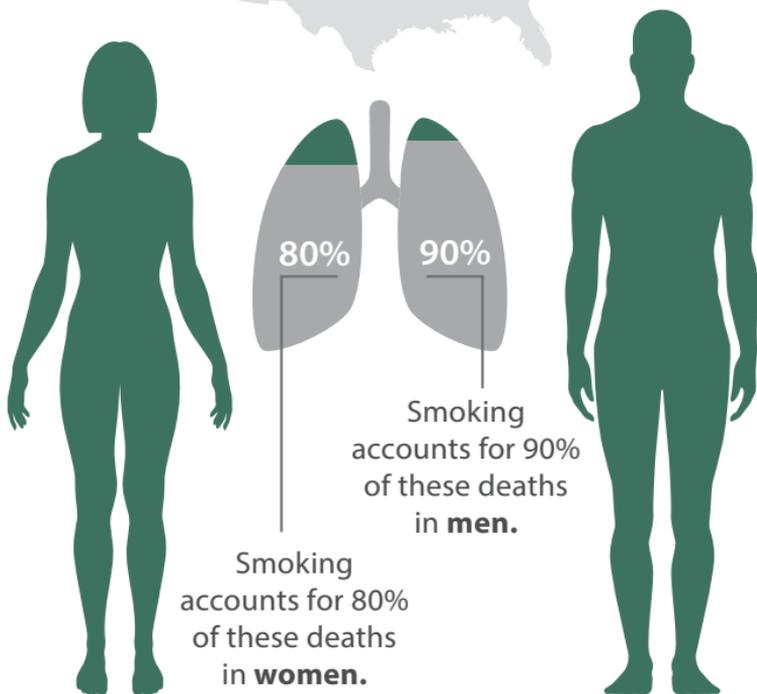
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# IT'S NEVER TOO LATE TO Quit Smoking.



## Tobacco use is a leading cause of cancer and of death from cancer

MORE MEN & WOMEN IN THE U.S. DIE FROM  
LUNG CANCER THAN ANY OTHER CANCER



SOURCE: cancer.gov



**TOBACCO SMOKE HAS 7,000 CHEMICALS, AT LEAST 250 ARE KNOWN TO BE HARMFUL. OUT OF THOSE 250 HARMFUL CHEMICALS, 69 MAY CAUSE CANCER.**

Secondhand smoke causes more than 7,300 lung cancer deaths in the U.S. each year.



## Smoking may cause lots of cancers, not just lung:

- Throat
- Mouth
- Esophagus
- Stomach
- Larynx
- Liver
- Pancreas
- Kidney
- Bladder
- Cervix
- Blood
- Colon/rectal



### WITHIN MINUTES OF SMOKING YOUR LAST CIGARETTE, YOUR BODY BEGINS TO RECOVER



**20 minutes after quitting-** Your heart rate and blood pressure drop.



**12 hours after quitting-** The carbon monoxide level in your blood drops to normal.



**2 weeks to 3 months after quitting-** Your circulation improves and your lung function increases.



**1-9 months after quitting-** Coughing and shortness of breath decrease. Tiny hair-like structures that move mucus out of the lungs (called cilia) start to regain normal function in your lungs, increasing their ability to handle mucus, clean the lungs, and reduce the risk of infection.



**1 year after quitting-** The excess risk of coronary heart disease is half that of someone who still smokes. Your heart attack risk drops dramatically.

SOURCES: cancer.gov; cancer.org; cdc.gov

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# FEED YOUR FAITH, Not your fears.



## Spiritual strength can help you maintain a sense of hope, faith and courage in the face of serious illness.

A major step in getting strong spiritually is to make peace in four main areas of your life.



### Make peace with **God**.

- “Why me” questions come up frequently in the face of serious illness.
- Asking why is a normal human question, but focusing on it can get you stuck and frustrated. Instead, try to put that question on hold and make peace with God.



### Make peace with **yourself**.

- You did not cause this situation.
- Anyone can get sick.
- Be gentle with yourself during the path ahead.



### Make peace with **others**, spiritually, if not in person.

- Forgive others and let go of past hurts and offenses.
- Don't continue to invest in emotional pain that may be draining you spiritually.
- Let it go - Forgive!



## Make your own **personal spiritual care plan**

- Pray
- Read daily devotional
- Write in a journal
- Meditate
- Read Scripture
- Find a safe place to talk
- Try art/music therapy



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