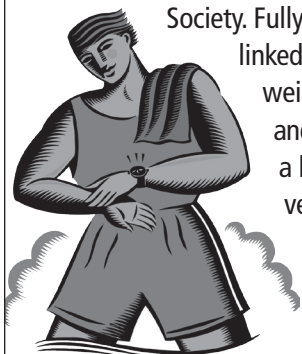


Making a New Year's resolution good, but. . .

## Exercise, healthy nutrition wise choices all year long

**T**he best way to cut your risk of cancer (other than quitting smoking) is to achieve and maintain a healthy weight, to be physically active on a regular basis, and to make healthy food choices, according to the American Cancer



Society. Fully one-third of American cancer deaths each year are linked to poor diet, physical inactivity and carrying excess weight. Eating well also is important to improve your health and reduce your cancer risk. According to the cancer society, a healthy diet plan should: include at least 5 servings of vegetables (including legumes) and fruits and at least 3 servings of whole grains each day; and less processed meats like hot dogs, bologna, and luncheon meat, and red meats like beef,

pork and lamb which may increase the risk of colon and prostate cancers. If you can't prevent cancer, the next best thing to protect your health is to detect cancer early. Recognizing symptoms, getting regular check-ups, and performing self-exams are a few ways to detect cancer early. For guidelines on the various cancer-related check-ups and exams, visit the cancer society's web site at: <http://www.cancer.org>



**Hematology Medical Oncology Consultants**

*Dedicated to the prevention and treatment of cancer*

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