



PRESS RELEASE FOR LOCAL MEDIA

Central Michigan District Health Department

"Promoting Healthy Families, Healthy Communities"

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To: Senior News Paper

From: John A. Frisch, Senior Wellness Coordinator

RE: Help Fight Cancer

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Help Fight Cancer

This silent killer is invisible to the naked eye. It may go undetected for years and then strike out of nowhere. It has the power to replicate and attack the body in various forms. "It" is also known as **CANCER**. According to the American Cancer Society, cancer cells are the result of damaged DNA (blueprint of genes passed on from one generation to another) that cannot be repaired by the body.

"Instead of dying, cancer cells continue to grow and form new abnormal cells." These cancer cells develop after DNA has been damaged. A report from the American Cancer Society, states only "about 5%-15% of all cancers are caused by cancer susceptibility genes, meaning the genes are inherited from one's parents." Therefore the majority of cancers are not inherited from one's parents.

Weight maintenance is an important part of cancer prevention, since obesity has been proven to be linked with certain types of cancer. A healthy diet should include foods from plant sources; such as fruits, vegetables, and grains. In addition to a healthy diet, physical activity contributes to weight maintenance. It is recommended for adults to get a minimum of 30 minutes of moderated physical activity daily. However, for safety reasons, consult your physician before starting any new exercise program.

Obesity is not the only link to cancer, (cigarette smoking is the single major cause of cancer mortality in the United States). The Centers for Disease Control documents that back in 2006, there were approximately 44.5 million adults in the United States who smoked. If you are a current smoker, contact your health care provider about the various methods available of quitting and stop smoking today. Help fight Cancer.

Knowing your risk of cancer and being aware of changes in your body can help you prevent cancer. It may also help your doctor to detect it early; increasing your chances of a full recovery.

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