

Do you eat at least five servings of vegetables or fruit each day? Exercise five times a week? Drink less than two alcoholic drinks each day?

If you answered “No” to any of these questions, you could be at a higher risk for this deadly disease. Learn what this disease is, five tips to help you prevent it AND, if you do get it, find out how the IEEE Member Group Insurance Program can help you...

How you can prevent **CANCER**

Five tips and other information to help you

Cancer is indiscriminate: you could be young or old, a man or a woman, of different races, or engage in a lifestyle or have a family history that puts you at risk.

But recent statistics from the Cancer Facts & Figures 2009 show that more than 8 in 10 cancer cases are related to a person’s lifestyle—which means **YOU** can significantly improve your chances of preventing cancer. And if diagnosed, surviving.

Information is the first line of defense. Knowing what you’re up against and making changes is the key. Here are five ways that will help prevent cancer and improve your life:

1. Eat Healthier

It’s important to eat foods that include a variety of fruits and vegetables; whole grains; fat-free or low-fat milk and equivalent milk products; lean meat, poultry, fish, legumes (dry beans and peas), eggs, nuts, and seeds; and balance calorie intake with calorie needs.

Cancer Facts & Figures 2009 offers these guidelines for a healthier diet:

- ▶ Choose foods in amounts that achieve and maintain a healthy weight. Become familiar with standard serving sizes, and eat smaller portions of high-calorie foods.
- ▶ Eat five or more servings of vegetables and fruits each day. Eating more vegetables and fruits is associated with decreased risk of lung, esophageal, stomach, and colon/rectal cancers.

FACT:
Approximately one-third of cancer deaths this year in the U.S. can be attributed to poor diet and physical inactivity.

- ▶ Choose whole grains instead of processed (refined) grains and sugars.
- ▶ Limit consumption of processed (hot dogs, lunch meats, bacon) and red meats. Research suggests that processed and red meats increase risk of colon/rectum and prostate cancers.

2. Exercise More

Research shows that physical activity helps reduce the risk of breast, colon,

FACT:
According to Cancer Facts & Figures 2009, cancer will strike 1 in 3 Americans during their lifetime. Men have slightly less than a 1-in-2 lifetime risk; women a little more than 1-in-3.

prostate, and endometrium cancers.

It is recommended that adults engage in at least 30 minutes of moderate to vigorous physical activity, above usual activities, on five or more days of the week; 45–60 minutes of intentional physical activity are preferable.

If you are not currently physically active, here are some tips to help you get moving:

- ▶ Find activities you enjoy.
- ▶ Exercise with a friend or join a class.
- ▶ Start slowly and build up to increasing levels of activity. Try to be active for 30 minutes a day on a regular basis. Then, try to go longer, up to 45, even 60 minutes.

Men older than 40 and women 50 and over should consult their physicians before beginning a vigorous physical activity program.

3. Limit Alcohol Consumption

Excessive alcohol consumption can help cause cancers of the mouth, pharynx, esophagus, and liver. In addition, it is also listed as a risk factor for cancers of the breast, colon, and rectum.

People who drink alcohol should limit their intake to no more than two drinks per day for men and one drink a day for women. A drink includes 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of proof distilled spirits.¹

FACT:
Smoking accounts for at least 30% of all cancer deaths and 87% lung-cancer deaths.

4. Quit Smoking

The best way to reduce your risk of cancer and many other diseases is to reduce tobacco use and exposure.

If you smoke cigarettes, it's never too late to quit!

5. Reduce Sun Exposure

The vast majority of skin cancers are caused by exposure to unprotected or excessive ultraviolet (UV) radiation, primarily from the sun. Most skin cancer deaths are due to melanoma, which is among the fastest rising cancers in the U.S. and could be minimized, if not prevented, with reduced exposure to UV radiation.

You can minimize UV damage to unprotected skin by:

- ▶ Avoiding direct exposure to the sun between the hours of 10 a.m. to 4 p.m., when ultraviolet rays are most intense.

- ▶ Wearing hats with a brim wide enough to shade you face, ears, and neck, as well as clothing that adequately covers your arms, legs, and torso.
- ▶ Covering exposed skin with sunscreen lotion with a sun protection factor (SPF) of 15 or higher. “Broad spectrum” sunscreens are best because they contain active ingredients that absorb at least 85 percent of both UVA and UVB rays of the sun.
- ▶ Avoiding tanning beds and sunlamps, which provide an additional source of UV radiation.
- ▶ Wearing sunglasses that block UVA and UVB rays.

FACT:
Thanks to early detection, the overall five-year survival rate for all cancers combined is at its highest ever: 66 percent. And breast and prostate cancers now boast a nearly 100 percent five-year survival rate if detected early.

Even if you do all these things, there are other risk factors—gender, family history, and other exposures—that can still mean a diagnosis of cancer.

But the good news is that people diagnosed with cancer today have a far greater chance of beating it than ever before. Advancements in treatment and technology offer hope to more people each year.

But the latest treatments, including drugs and services, can be costly. And not all costs are covered by typical health insurance. Most likely, your plan doesn’t pay for associated costs such as copays, deductibles, policy maximums, and indirect costs.

Help from IEEE

As an IEEE member, if you haven’t had cancer in the past five years, you have an option that will help pay in addition to your existing plan: the Group Cancer Insurance Plan for IEEE members.

The Group Cancer Insurance Plan—researched and tailored specifically for IEEE members and their families—is designed to help you with the treatment expenses associated with fighting a cancer disease and preserving your retirement nest egg.

For more details about the IEEE Member Group Cancer Insurance Plan, call toll-free, 1-800-493-IEEE (4333). Or visit the product page www.ieeeinsurance.com.

¹<http://www.webmd.com/mental-health/alcohol-abuse/news/20051114/home-drinking-more-alcohol-per-drink> . viewed 12/10/2009

Source for all other information related to cancer and cancer prevention: Cancer Facts & Figures 2009.

The IEEE Member Group Supplemental Cancer Insurance Plan is underwritten by:
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