



Cancer Touches Everyone

The American Cancer Society reports that cancer is responsible for 1 in 4 deaths in the United States. The University of Chicago Comprehensive Cancer Center (UCCCC) is committed to helping you increase your cancer knowledge and to partnering with you in fighting this disease.

Most Common Cancers

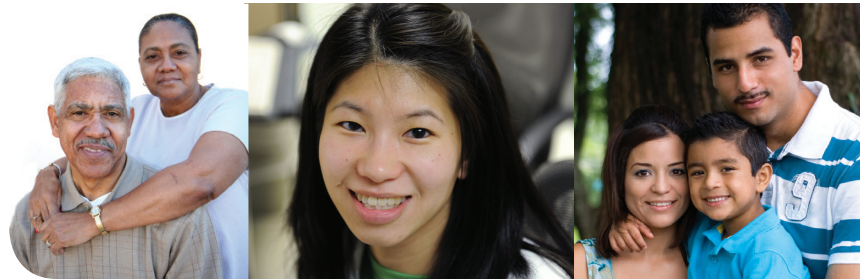
Men—prostate, lung, colon/rectum
Women—breast, lung, colon/rectum

Black Men—prostate, lung
Black Women—lung, breast

Hispanic Men—lung, colon/rectum
Hispanic Women—breast, lung

Asian Men—lung, colon/rectum
Asian Women—breast, colon/rectum

American Indian Men—lung, colon/rectum
American Indian Women—breast, lung



African Americans are more likely to develop and die from cancer than any other racial or ethnic group. African American men also have a higher incidence of prostate cancer and are more likely to die from the disease than are white men.

Hispanics have a lower incidence of all cancers combined and of more common cancers than whites, but Hispanics have a higher rate of cancers associated with infection, such as uterine cervical, liver, and stomach cancers.

Asian Americans were the first population to have cancer as the leading cause of death. Liver cancer is highest among Asian Americans.

Rates for stomach, gallbladder, kidney, and liver cancer are higher among **American Indians** than among Non-Hispanic Whites. Kidney cancer death rates are the highest among **American Indians/Alaskan Natives**.

Reduce Your Cancer Risk

10 Tips

1 *Quit Smoking*

Smoking is the leading cause of premature death in this country. Quitting smoking substantially reduces the risk of developing and dying from cancer.

2 *Use Sunscreen*

Skin cancer is the most common type of cancer in the United States, developing in approximately one million Americans each year.

3 *Exercise Regularly*

Physical activity is associated with a reduced risk of cancers of the colon and breast.

4 *Eat Fruits and Vegetables*

People whose diets are rich in fruits and vegetables have a lower risk of getting cancers of the mouth, throat, stomach, and lung.

5 *Limit Red Meat and Animal Fat*

Diet accounts for up to 80% of cancers of the large bowel, breast, and prostate. People who report eating greater amounts of “red” and processed meat are at higher risk of colorectal cancer.

6 *Limit Alcohol Intake*

Heavy alcohol consumption has been linked to an elevated cancer risk.

7 *Know Your Medical History*

Family history of certain cancers is associated with an increased risk of developing cancer.

8 *Be Aware of the Environment*

Approximately 80% of all cancers have an environmental component. Certain chemicals, fumes, and exhaust can cause cancer.

9 *Practice Safe Sex*

Human papillomavirus (HPV) is a known cause for cervical cancer and a risk factor for many other types of cancer. It is considered to be the most common sexually transmitted infection (STI) in the United States.

10 *Get Regular Cancer Screenings*

Talk to your doctor about cancer screenings. Mammograms, colonoscopies, Pap smears, and other screenings can help detect cancer in its earliest stages, when it's easiest to treat.