The Truth About Cancer

You may have heard that there is nothing you can do to prevent cancer

**BUT THE TRUTH IS...**

You may have heard that cigars and chewing tobacco do not cause cancer

**BUT THE TRUTH IS...**

You may have heard that prostate cancer is a disease that only affects older men

**BUT THE TRUTH IS...**

You may have heard that colon cancer is a man’s disease

**BUT THE TRUTH IS...**

You may have heard that you can’t get breast cancer if no one in your family has had it

**BUT THE TRUTH IS...**

You may have heard that cancer is caused by an injury, bump, or bruise

**BUT THE TRUTH IS...**

You may have heard that there is nothing you can do if you are diagnosed with cancer

**BUT THE TRUTH IS...**

Do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own?

(1 Corinthians 6:19)

The Truth Is...

You can take important steps to lower your chance of getting cancer. Eating a healthy diet, exercising, and not smoking can help keep you healthy.

Cigars and chewing tobacco also cause cancer, just like cigarettes. Reduce your risk of cancer, do not use any type of tobacco.

Men in their 40s and 50s can also get prostate cancer. Talk to your doctor about being tested for prostate cancer.

Women also get colon cancer. Tests for colon cancer are important for both men and women. Talk to your doctor about colon cancer to decide which test is right for you.

You can get breast cancer even if no one in your family has had it. Breast exams and mammograms are important for all women. Talk to your doctor about which tests are right for you.

An injury, bump, or bruise does not cause cancer. But there are many things you can do to decrease your chances of getting cancer.

There are 10.5 million cancer survivors alive today... an early diagnosis improves the quality of your life. Don’t delay, check in with your doctor today.

For more information please contact your church office or (617) 632-4860