



Five Lifesaving Things You Can Do

For You and Your Family

1. Avoid tobacco use.
2. Eat right for life - with five or more servings of vegetables and fruits every day.
3. Get moving! Be physically active most days of the week.
4. Talk to a doctor about cancer screening tests that could save your life.
5. Understand your personal risk for cancer and what you can do about it.

No matter who you are, we can help. If you have questions, or if someone you love has been touched by cancer, contact the American Cancer Society anytime for information and support.

We can also help you get actively involved in the fight against cancer through volunteer events and programs to spread awareness.

1.800.ACS.2345
www.cancer.org

Hope.Progress.Answers



為確保自己和家人健康長壽

您可做以下五件事



1. 避免吸煙。
2. 飲食合宜 - 每天吃五份或以上蔬菜水果。
3. 常做運動！一週之中多天勤做運動。
4. 與醫生討論有關癌症檢查事宜，此舉可能挽救您的生命。
5. 了解您患癌症的個人風險以及預防方法。

無論您是誰，我們都能提供協助。如有疑問或您所關心的人不幸患上癌症，可隨時向美國防癌協會（American Cancer Society）諮詢和求援。

此外，本協會還可透過志願宣傳活動和計劃協助您積極參加與癌魔的爭戰。

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希望。進展。回答。