

Rockland County Programs

Learn about reducing your risk and early detection of cancer, request a presentation, and get referrals to cancer related services.

Rockland County Cancer Institute
364-3857
www.RocklandCancerInfo.com.

Learn how to be active, eat right and maintain a healthy weight.

Steps to a Healthier Rockland
364-2500
www.RocklandSteps.org.

Get help to quit smoking (including free nicotine replacement products if medically eligible).

Put It Out Rockland
364-2651
www.PutItOutRockland.com

Get FREE breast, cervical and colorectal cancer screening tests and follow-up services if you are uninsured or under-insured and meet eligibility requirements.

Cancer Services Program
1-866-442-2262

Enroll in free or low-cost health insurance you or your family may be eligible for (depending on your income and family size).

Rockland County Department of Health
Facilitated Enrollers
364-3312

C. Scott Vanderhoef
County Executive



“Did you know that many cancer deaths can be prevented by taking steps to a healthy lifestyle and routine screenings?”



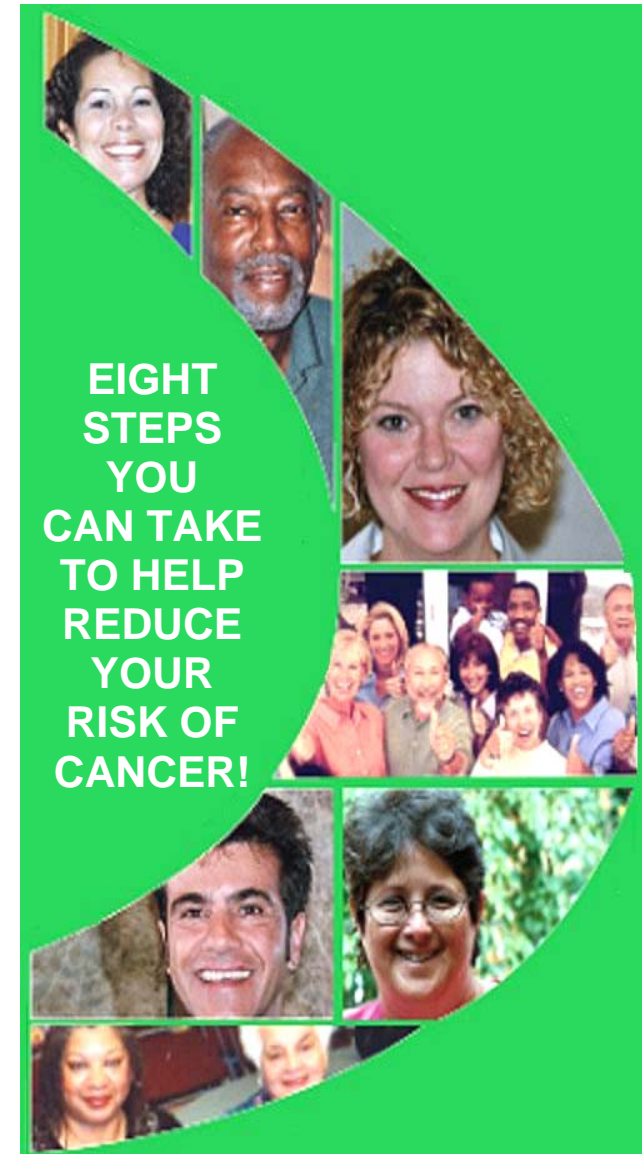
Joan H. Facelle, MD, MPH
Commissioner of Health



“As a doctor I know how critical it is to get screened for cancer and maintain a healthy lifestyle.”

Rockland County Cancer Institute
Rockland County Department of Health
(845) 364-3857
www.RocklandCancerInfo.com

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**EIGHT
STEPS
YOU
CAN TAKE
TO HELP
REDUCE
YOUR
RISK OF
CANCER!**



Eight Steps You Can Take To Help Reduce Your Risk of Cancer!

1. Quit smoking or never start!

The best way to prevent lung cancer (and many other cancers related to tobacco use) is to quit (or never start) smoking. Even if you have been smoking for many years, it is never too late to benefit from quitting!

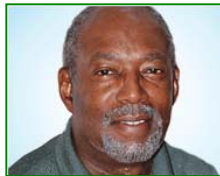
2. Stay at a healthy weight.

Being overweight or obese raises your risk of many types of cancer and many other serious health problems. But losing even a few pounds can reduce these risks!



"These are simple steps that can save your life."
Zahira R.

"This is something you need to do for yourself and your family!"
Fred W.



3. Eat right.

- Choose lean meats, poultry, fish, beans, lentils, eggs, and nuts; bread, cereal, pasta & rice with 3 grams or more of fiber per serving; yogurt, part-skim cheese, and 1%, fat free milk, or low-fat soy milk with 3 grams or less of fat per serving; and healthier cooking oils such as olive, canola, safflower, and sunflower oil.

- Fill up half your plate with vegetables and fruits, and eat them for healthy and tasty snacks!

- Read food labels. Pay attention to portion and serving size.

4. Get moving!

Be physically active for at least 30 minutes on five or more days each week. You don't have to do it all at once—you can spread your activity out during the week, and break it up into smaller chunks of time during the day.



"Following these steps helps give me peace of mind."
Joe L.

"Thank goodness I take these steps. If I can do it, you can do it!"
Vivan D.



"Taking these steps was so worthwhile – in the end it saved my life!"
Vera V.

5. Limit how much alcohol you drink.

Alcohol use has been linked to increased risk of several types of cancer. The risk increases with the amount of alcohol you drink. The American Cancer Society recommends that people who drink alcohol limit their intake to no more than 2 drinks per day for men and 1 drink a day for women.

6. Protect your skin from exposure to the sun.

Cover up to protect as much skin as possible, use a sunscreen with a sun protection factor (SPF) of 15 or higher, wear a hat with at least a 2- to 3-inch brim all around, wear sunglasses that block UV rays, limit direct sun exposure during midday, and avoid tanning beds and sunlamps.

7. See your doctor for regular check-ups.

Your doctor can help you make healthy lifestyle choices, and test you for health problems to catch them at an early stage, when they can be treated more easily.



"I did the screening. They found cancer. I took care of it!"
Donald M.

"Early detection saves lives, and I'm proof of that."
Deborah G.



8. Get screened for cancer.

Talk to your doctor about your cancer risk, which screening tests are right for you, when you should get them and about other steps you can take to protect yourself.