

### CELEBRATE A HEALTHY LIFESTYLE



DID YOU KNOW THAT:

Cancer is the Second **Leading Cause of Death** Among Black Americans. **Targeting** Cancer in Blacks

For more information call:

Meharry Medical College (615) 321-4007 or

Morehouse School of Medicine (404) 752-1957

This project is funded by the National Cancer Institute

# EAT YOUR WAY TO GOOD HEALTH!



NATIONAL CANCER INSTITUTE

## TARGETING CANCER IN BLACKS



- "HAVE NO REGRETS, GIVE UP CIGARETTES"
- ✓ "EAT TO BEAT CANCER: MORE FIBER, LESS FAT"
  - ✓ "Exercise For The Prize of Good Health"
    - "CHANGE YOUR LIFESTYLE, WALK A MILE"
      - ✓ "GET A CHECKUP, DON'T CHECK OUT"

### FOR WOMEN:

/ "KEEP A BREAST, GET THE TEST"

"GET A PAP SMEAR, ONCE A YEAR"

### FOR MEN:

✓ "Don't Wait Too Late, Check The Prostate"

For more information, please call: Nashville (615) 321-4007 • Atlanta (404) 752-1957

Bargeting Cancer in Blacks is a project of the Cancer Presention Awareness Program funded by the National Cancer Institute

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Eating foods with fiber may lower your chances of getting some kinds of cancer. Which of these foods will you eat every day?



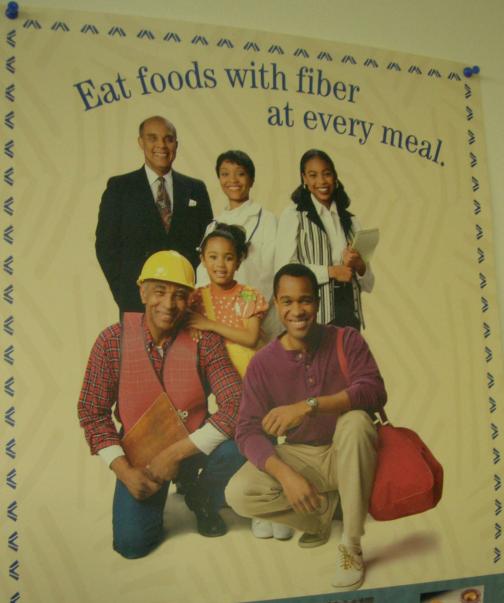
Orange juice Oatmeal and raisins Small bran muffin Banana



Turkey sandwich with low-fat cheese on whole wheat bread with tomato Vegetable soup Apple



Beans and ric Collard green Corn bread Fruit cobbler



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A message from the National Cancer Institute with support from the Office of Minority Health of the U.S. Public Health Service



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Get regular mammograms starting at age 50.



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