

Every month . . .

- Check for changes in moles. Examine every spot on your body for changes in pigmentation and remember the ABCDs of melanoma (a serious form of skin cancer):
 - *Asymmetry (one side doesn't match the other)*
 - *Border irregularity*
 - *Color changes (blacks, browns, reds, or blues)*
 - *Diameter greater than 6 millimeters (about the size of a pencil eraser)*
- Check your mouth and tongue for sores and lumps.
- **Women** should practice breast self-exam. Lying on your back with a pillow under the shoulder of the breast you're examining, use the sensitive pads of the first three fingers of the opposite hand to feel for lumps or thick areas using a rubbing motion. Examine the entire breast, chest area and armpit, and area under the breast.
- **Men** should check for testicular cancer by practicing testicular self-exam. Following a warm shower or bath, stand in front of a mirror and look for any swelling on the skin of the scrotum. Examine each testicle with both hands. Place the index and middle fingers under the testicle while the thumbs are placed on top. Gently roll the testicle between the thumbs and fingers feeling for lumps. It's normal for one testicle to be larger than the other.
- Testicular cancer most often affects males ages 15-34.

If you notice any of the signs mentioned above, call your doctor right away.

Smoking causes 30 percent of all cancer deaths, mainly through lung cancer. High-fat, low-fiber diets cause another 20 percent, mainly through colon and rectal cancer. That means more than half of all cancer deaths could be prevented. One out of three people will get cancer. If you don't get cancer yourself, someone you know will. It doesn't have to be that way. Starting today, do all you can to greatly decrease your chances of being one in three and encourage your friends and family to do the same.

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For answers to your health-related questions call your doctor, your local public health department, or the American Cancer Society, 1-800-ACS-2345.

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HARVESTING HEALTH

Through
smart
living

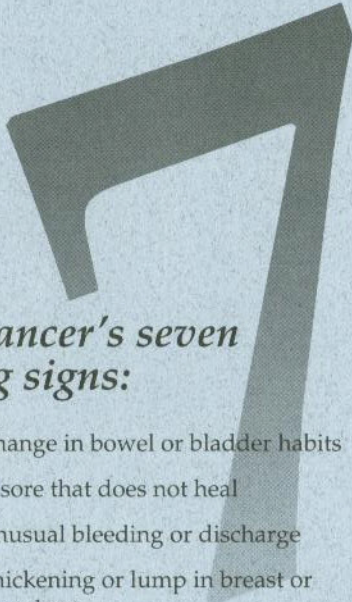
Harvesting Health: Through Smart Living

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T here's something to think about all the while you're keeping your crops and livestock healthy. That something is you - and how to keep yourself healthy. It's an important thing to consider. After all, you're the most important investment on your farm.

There are a lot of hazards on the health horizon. But the good news is that there are even more ways to avoid illness or greatly minimize its effect. The American Cancer Society estimates that at least half of all cancer deaths could be prevented if people stopped using tobacco and improved their diet. Changes in lifestyle and diet can make all the difference.



Learn cancer's seven warning signs:

- Change in bowel or bladder habits
- A sore that does not heal
- Unusual bleeding or discharge
- Thickening or lump in breast or elsewhere
- Indigestion or difficulty in swallowing
- Obvious change in wart or mole
- Nagging cough or hoarseness

If you notice any of these signs, see your doctor right away. Even if you don't notice any symptoms, you should see your doctor once a year for a cancer prevention exam with accepted cancer screening procedures.



TOBACCO

Stop tobacco use!

Tobacco use is the most preventable cause of death in the United States, accounting for at least 30 percent of all cancer deaths.

Starting today . . .

- Eat high-fiber foods such as whole grain cereals, breads, pasta, vegetables and fruits.
- Avoid obesity.
- Cut down on total fat intake. A diet high in fat may be a factor in the development of certain cancers, particularly breast, colon and prostate.
- Include a variety of vegetables and fruits in the daily diet. Such foods may reduce your risk of getting cancer. These include vitamins A and C in dark green and deep yellow fresh vegetables and in many fruits as well as cabbage, broccoli and cauliflower.
- Limit consumption of alcohol, or don't drink at all. The heavy use of alcohol, especially when accompanied by cigarette smoking or smokeless tobacco use, increases risk of cancers of the mouth, larynx, throat, esophagus and liver.
- Limit your intake of smoked, cured, or barbequed foods.
- Get plenty of exercise.
- Try to maintain a positive mental attitude.