

HEALTH TIP: CANCER AWARENESS

AUGUST

DAFFODIL DAY

2015



About Daffodil Day - August 28th, 2015

Every day around 350 people are diagnosed with cancer, but every day cancer research is discovering new and better treatments, cancer prevention campaigns are working, and support for those affected by cancer is improving all the time. You can get involved by selling merchandise at your workplace, buying a pin, donating money or signing up as a Daffodil Day volunteer. Visit www.daffodilday.com.au for more information.

How to cut your cancer risk

Be sun smart: Slip, Slop, Slap, Seek and Slide.

Maintain a healthy weight: Keeping the balance right between what you eat and how physically active you are.

Eat a healthy diet: Aim to eat five serves of vegetables and two serves of fruit daily.

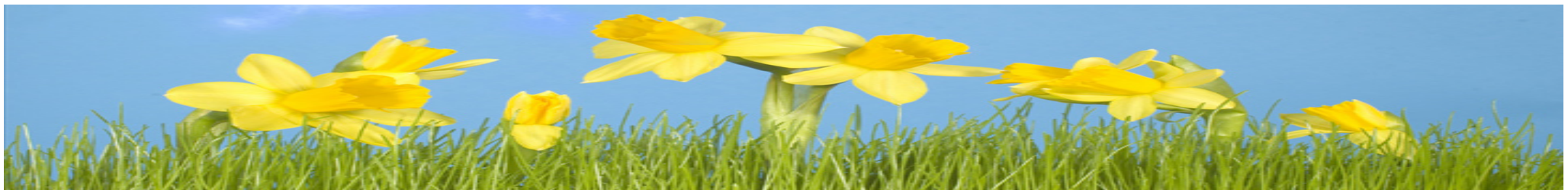
Be physically active: One hour of moderate activity or 30 minutes of vigorous activity is recommended on most days for general health and fitness.

Quit smoking: Quitting at any age will result in major and immediate health benefits.

Limit alcohol: Limit your daily intake and avoid binge drinking.

Find cancer early: In most cases the earlier a cancer is diagnosed the better the outcome.

Know your family history: A small proportion of some cancers may demonstrate a familial tendency.



Source: www.daffodilday.com.au and www.cancersa.org.au

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