

Health Guidelines for Cancer Prevention and Survivorship

Wellness Exams- See your primary care doctor and dentist for regular visits. Adhere to age-appropriate and treatment-associated health screenings, preventative measures, and cancer screening recommendations.

Physical Activity- Engage in regular physical activity. Avoid inactivity and return to normal daily activities as soon as possible following diagnosis. Aim to exercise at least 150 minutes per week. Include strength training at least 2 days per week. 150 minutes of physical activity each week sounds like a lot, but you don't have to do it all at once. It could be 30 minutes a day, 5 days a week.

Body Weight- Achieve and maintain a healthy weight. After cancer treatment, weight gain or loss should be managed with a combination of diet, physical activity and behavioral strategies.

Supplements- Food, not supplements, is the best source of vitamins and minerals. Supplements can be considered if a nutrient deficiency is clinically demonstrated. Consult physician before starting.

Sun Exposure- Use sunscreen of SPF 30 or higher or protective clothing. Limit sun exposure, especially during peak sun hours. Avoid tanning beds.

Smoking- Tobacco not recommended in any form. For assistance, discuss with your provider or call 1-800-QUITNOW for resources.

Alcohol- Drink sparingly, if at all.

Diet- Achieve a dietary pattern that is high in vegetables, fruits and whole grains. Eat at least 2.5 cups of vegetables and fruit daily. Choose whole grains instead of refined grain products, eating plenty of high fiber foods. Limit the intake of highly processed foods, red and cured meats, food and beverages high in fat and those with added sugar.

Sleep- Strive for at least 7-9 hours of sleep on a regular basis.