

## News and Cancer Treatment Options for Curran Group Plan Members

Volume 1

# Preventing Cancer

What to know • Where to turn



## Three important ways to help prevent cancer.

Statistics show that in the U.S., approximately 38% of women will develop cancer sometime within their lifetime.<sup>1</sup> For American men, that number is slightly higher—about 42%.<sup>1</sup> Although family history plays a significant factor in many types of cancer, healthy lifestyle choices can lower an individual's risk of developing the disease:

### 1 Maintain a healthy BMI and avoid obesity.

Individuals with higher body fat have a significantly higher risk of developing cancer, including stomach, liver, and kidney cancer, among others.<sup>2</sup>

### 2 The less alcohol you drink, the lower your risk.

Drinking alcohol—even in moderation—raises your risk of developing certain types of cancer, including esophageal, colorectal, and mouth and throat.<sup>3</sup>

### 3 Avoid exposure to secondhand smoke.

Inhaling secondhand smoke causes more than 7,300 lung cancer deaths a year among nonsmokers in the U.S.<sup>4</sup>



### Bottom line on prevention: Healthy choices increase your odds of avoiding cancer.

Scientists at the Harvard School of Public Health estimate that up to 75% of American cancer deaths can be prevented.<sup>5</sup> Along with regular exercise, individuals can significantly reduce their risk for developing cancer during their lifetime by maintaining a healthy diet and avoiding tobacco products and excessive alcohol consumption.

# The journey forward following diagnosis

**Lowering your risks does not eliminate the possibility of developing cancer.**

If you or a loved one shows signs of cancer, we encourage you to talk to your physician right away. If diagnosed with cancer, you have the benefit of an expert evaluation with National Cancer Institute (NCI)–designated facilities as part of the Contigo Health® Centers of Excellence 360 Cancer Program. This can reduce anxiety and help you focus on the right treatment option. It's natural to have questions and concerns.

**/// As a health plan member, you should know about enhanced benefits, including the Contigo Health® Centers of Excellence 360 program, which provides access to evaluation and treatment plans from the highest level of cancer specialists, at no direct cost to covered members.\***



## Here for members throughout the process

We are here to help guide members along the way, including enrolling them in the COE 360 Cancer Program.

## Learn more today.

To learn more or to apply, visit [contigohealth.com/curran](https://contigohealth.com/curran) or scan the QR code. Or call 877-230-0989 to start a confidential conversation.



<sup>1</sup>U.S. National Library of Medicine National Institutes of Health, "The Risk of Cancer Might be Lower Than We Think. Alternatives to Lifetime Risk Estimates," January 29, 2018

<sup>2</sup>American Cancer Society, "Body Weight and Cancer Risk," June 9, 2020

<sup>3</sup>Centers for Disease Control and Prevention, "Alcohol and Cancer," July 8, 2019

<sup>4</sup>Centers for Disease Control and Prevention, "Secondhand Smoke Fact Sheets," January 17, 2018

<sup>5</sup>Harvard Health Publishing Harvard Medical School, "The 10 Commandments of Cancer Prevention," October 1, 2019

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