Guam Resources:

- American Cancer Society
  Guam Field Office: 477-9451
- Edward M. Calvo Cancer Foundation:
  472-6854
- Guam Breast & Cervical Cancer
  Early Detection Program
  DPHSS: 735-0671/2
- Guam Cancer Care: 969-2223
- Guam Comprehensive Cancer
  Control Program
  DPHSS: 735-0670/7335
- Guam Immunization Program
  DPHSS: 735-7143
- Guam Regional Medical City
  Patient Education Department:
  645-5500 x 3685/3687/5688
- University of Guam
  Cancer Research Center: 735-3036
  Guam Cancer Registry: 735-2988/2989

Guam Comprehensive Cancer Control Program
Department of Public Health
and Social Services
123 Chalan Kareta
Mangilao, Guam 96913-6304
735-0670 / 0673 / 7335
735-7500

CONNECT WITH US

@GuamCCC

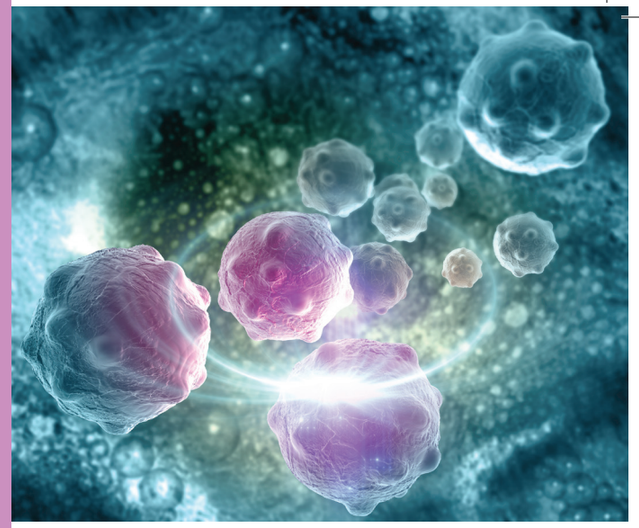
@GuamCCC

@GCCCP

#CONQUER CANCER

This publication was supported by the
Cooperative Agreement No. 6 NU58DP006269-02-02
from the Centers for Disease Control and Prevention.
Its contents are solely the responsibility of the authors
and do not necessarily represent the official views
of the Centers for Disease Control and Prevention.
07 / 2019

HOW TO PREVENT CANCER



Cancer is a term used for diseases in which abnormal cells divide without control. Cancer cells can spread to other parts of the body. There are more than 100 kinds of cancer.

AVOID TOBACCO USE, INCLUDING E-CIGARETTES

- Tobacco use is the main risk factor for lung cancer.
- Lung cancer is the number 1 cause of cancer deaths in both men and women worldwide, in the U.S. and in Guam.
- 57% of Guam's adult cancers are tobacco-related.
- E-cigarettes are considered tobacco products because most of them contain nicotine and other harmful substances. They are sometimes called e-cigs, e-hookahs, mods, vape pens, tank systems, and electronic nicotine delivery systems (ENDS).

AVOID SECONDHAND SMOKE

- Adults who are exposed to secondhand smoke at home or at work increase their risk of developing lung cancer by 20% to 30%. Concentrations of many cancer-causing and toxic chemicals are higher in secondhand smoke than in the smoke inhaled by smokers.

LIMIT ALCOHOL INTAKE

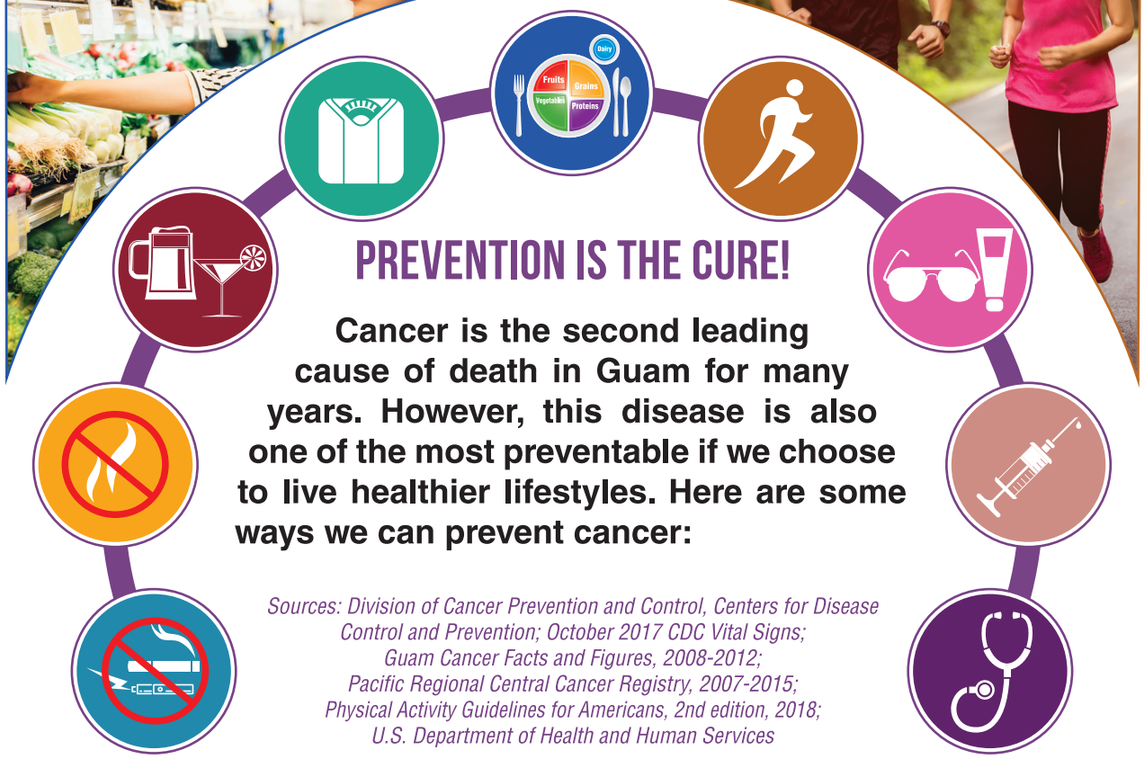
- Drinking alcohol raises your risk of getting 6 kinds of cancer: mouth and throat, voice box (larynx), esophagus, colon and rectum, liver, and breast (in women).
- Not drinking at all, or drinking in moderation, can lower your risk. If you drink alcohol, limit yourself to: one drink a day for women, and 2 drinks a day for men.

KEEP A HEALTHY WEIGHT

- 30% of Guam's adult cancers are obesity-related
- 13 cancers are associated with overweight and obesity: meningioma, adenocarcinoma, multiple myeloma, kidneys, uterus, ovaries, thyroid, breast, liver, gallbladder, upper stomach, pancreas, and colon and rectum

EAT HEALTHY

- Eat at least 5 servings of fruits and vegetables daily– along with whole-grain breads, cereals, rice, and pasta daily
- Drink water instead of sugary drinks.
- Limit processed foods that are high in salt.



PREVENTION IS THE CURE!

Cancer is the second leading cause of death in Guam for many years. However, this disease is also one of the most preventable if we choose to live healthier lifestyles. Here are some ways we can prevent cancer:

Sources: Division of Cancer Prevention and Control, Centers for Disease Control and Prevention; October 2017 CDC Vital Signs; Guam Cancer Facts and Figures, 2008-2012; Pacific Regional Central Cancer Registry, 2007-2015; Physical Activity Guidelines for Americans, 2nd edition, 2018; U.S. Department of Health and Human Services

BE ACTIVE

- Preschool-aged children (ages 3 through 5 years) should be physically active throughout the day.
- Children and adolescents (ages 6 through 17 years) should do 60 minutes or more of moderate-to-vigorous physical activity daily.
- Adults should do at least 150 minutes to 300 minutes a week of moderate-intensity aerobic physical activity.
- Walk, jog/run, dance, or swim. Do what you enjoy

PROTECT YOUR SKIN

- Skin cancer is the most common kind of cancer in the U.S. Exposure to ultraviolet rays from the sun and tanning beds appears to be the most important environmental factor involved with developing skin cancer.
- Stay in shade, apply sunscreen, and wear protective clothing, a hat and sunglasses.

GET VACCINES FOR HPV AND HEPATITIS B

- HPV (Human Papillomavirus) is a virus that can lead to 6 types of cancers in males and females later in life: cervical, vaginal, and vulvar cancer in females; anal and throat cancer in females and males; and penile cancer in males.
- HPV vaccine is recommended for females from 9 to 26 years old and males from 9 to 21 years old. It may be given as 2 or 3 doses. Talk to your doctor about the appropriate dosing schedule.
- Hepatitis B vaccine can protect you from liver cancer. It is available for all age groups to prevent Hepatitis B virus.

GET SCREENED

- Screening means checking your body for cancer before you have symptoms.
- Ask your doctor about cancer screenings.
- Recommended screening tests: mammograms (breast cancer); pap test (cervical cancer); stool tests, sigmoidoscopy, colonoscopy, CT colonography (colorectal cancer); low-dose computed tomography (LDCT) (lung cancer).