

Your Name & Phone Number Here!

Health Risk Appraisal

Cancer Risk Profile



Cancer is one of the leading causes of death in the United States. Cancer develops when healthy cells begin an abnormal growth pattern. While the exact cause of cancer is not known, medical research has shown that repeated exposure to cancer causing agents (carcinogens) can lead to the development of cancer cells.

Many of the most common cancers, if detected early, can be treated successfully. By following the intervention factors below, you can reduce your risk of cancer:

Intervention Factors

- ** Decrease your body fat percentage. Excess body fat is a major contributor to the development of cancer. Consult your health care professional.
 - ** Eat a low fat diet. Nutritional research has shown that a high fat diet increases your risk for cancer.
 - ** Increase your fiber intake through proper nutrition. Adequate fiber will reduce your risk of colon cancer. Fiber supplements may be helpful.
 - ** Because you are over the age of 40, you should have an annual colorectal screening. Early detection is very important.
-