




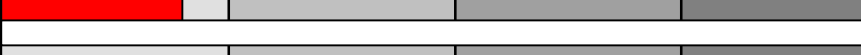
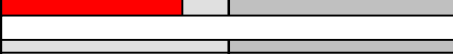
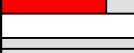


Name: **Sample Man**

Male, 51.5 years

03/21/1993 03/21/1997

The Heart Place

## Cancer

Wellness Variable	Your Rating	High Risk	Mod Risk	Avg Risk	Low Risk
Tobacco Use	5 60				
Sun Exposure	20 20				
Family History of Cancer	90 90				
Alcohol Consumption	20 95				
High Fat Diet	20 50				
Low Fiber Diet	11 15				
Body Composition	50 50				
Personal History of Cancer	90 90				

Cancer is the general term for a disease process characterized by uncontrolled growth and spread of abnormal cells. Research suggests that if everything known about cancer prevention was put into practice, up to two-thirds of cancers would not occur! For example, cigarette smoking is responsible for 90% of lung cancers among men and 90% of skin cancers diagnosed this year could have been prevented by protection from the sun's rays.

Nutrition also plays an important role in preventing cancer. Diets high in fruits, vegetables and fiber may reduce the incidence of some types of cancers including lung, prostate, bladder, esophagus, colorectal and stomach.

Finally, regular screening and self-exams can detect cancers at an early stage, when treatment is often more likely to be successful. Consult with your physician to determine the appropriate exams based on your age, health practices and family history.

## Action Plan

Add more fiber to your diet with foods such as whole grain cereals, vegetables, legumes and fruits to reduce your risk of colon cancer! Eat vegetables and fruits frequently since they may also help reduce your risks for stomach, esophagus, larynx and lung cancers. These foods are important because they are rich in vitamin A (dark green and yellow vegetables and fruits) and vitamin C (citrus fruits).

Good work on minimizing fat in your diet! This will help to reduce your risk for colon and prostate cancers.

Avoid excessive exposure to sunlight. Use sun block and protective clothing to shield against the harmful rays from the sun!

Congratulations for quitting smoking!

Maintain your healthy body composition!