



您能夠為自己和家人的長壽健康做的五件事情

1. 遠離任何形式的煙草和二手煙。
2. 平日保持正常體重，勤做運動。
3. 適當的飲食習慣：
 - 每天攝取至少兩杯半的蔬菜和水果。
 - 選擇全穀類的米、麵包、通心粉或麵條、和未經加工的穀類食品，並不吃加工（精製的）穀物。
 - 控制加工肉（如冷切肉、臘肉、和熱狗）和紅肉的攝取量。
 - 如果您有飲酒習慣，控制您的酒量。
4. 即使陰天，也做好防曬措施。
5. 定期檢查身體，包括癌症篩檢服務。

我們渴望幫助您早日康復並保持健康。如果您有任何疑問，或者您愛的人已罹患癌症，請隨時聯絡美國癌症協會（American Cancer Society）尋求有關諮詢及支援。

此外，本協會亦通過志願性的倡議活動與服務，協助您參與抗癌、挽救生命。



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Five Lifesaving Things You Can Do

For Yourself
and Your Family

1. Stay away from all forms of tobacco and tobacco smoke.
2. Stay at a healthy weight all your life, and be physically active most days of the week.
3. Eat right for life:
 - Eat at least 2½ cups of vegetables and fruits each day.
 - Choose whole-grain rice, bread, pasta, and cereal over processed (refined) grains.
 - Limit your intake of processed meats (like cold cuts, bacon, and hot dogs) and red meats.
 - Limit the amount of alcohol you drink, if you drink at all.
4. Protect your skin from the sun – even on hazy days.
5. Get regular check-ups, and talk to your doctor about screening tests that could save your life.

We want to help you stay well and get well. If you have questions, or if someone you love has been touched by cancer, contact the American Cancer Society anytime for information and support.

We can also help you get involved in the fight to help save more lives from cancer through volunteer events and programs to spread awareness.



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