

Canadian Cancer Society **Société canadienne du cancer**

Saskatchewan Division

1910 McIntyre Street
Regina, SK S4P 2R3
Toll Free 1 877 977-4673
Cancer Information Service 1 888 939-3333
www.cancer.ca/sk



Healthy choices for **LIFE**

www.healthychoicesforlife.ca

Did you know about **1/3** of all cancers can be prevented by [eating well](#), being [physically active](#) and [maintaining a healthy body weight](#)?

The [Canadian Cancer Society](#) is encouraging people to make [healthy choices for life](#) during nutrition awareness month this March and year-round to help [reduce their risk of cancer](#).

Live well. Make healthy choices.

- [Be a non-smoker](#) and avoid [second-hand smoke](#).
- Keep a healthy [body weight](#). [Be active](#) and [eat well](#).
- Know the risks of [alcohol](#). The less you drink, the more you reduce your risk.
- Protect your skin. Be [safe in the sun](#) and don't use [tanning beds or lamps](#).
- Get enough [vitamin D](#) from the sun, supplements and your diet.

Be aware. Look after yourself.

- [Know your body](#) and watch for signs of cancer.
- Report any changes in your health to your [doctor](#).
- [Get screened](#) and help find cancer early.
- Check your [family's cancer history](#).
- Understand how [hormones](#) and [infections](#) affect your cancer risk.
- Get rid of [harmful substances at work](#) and at [home](#).

Get involved. Help reduce risks for everyone.

- [Raise awareness about cancer prevention](#) in your community.
- [Reduce cancer risks](#) for the next generation.
- [Fight for public policy](#) to make healthy living easier for everyone.
- [Find out how you can help](#) the Canadian Cancer Society fight for change right now.

Live well. Be aware. Get involved.



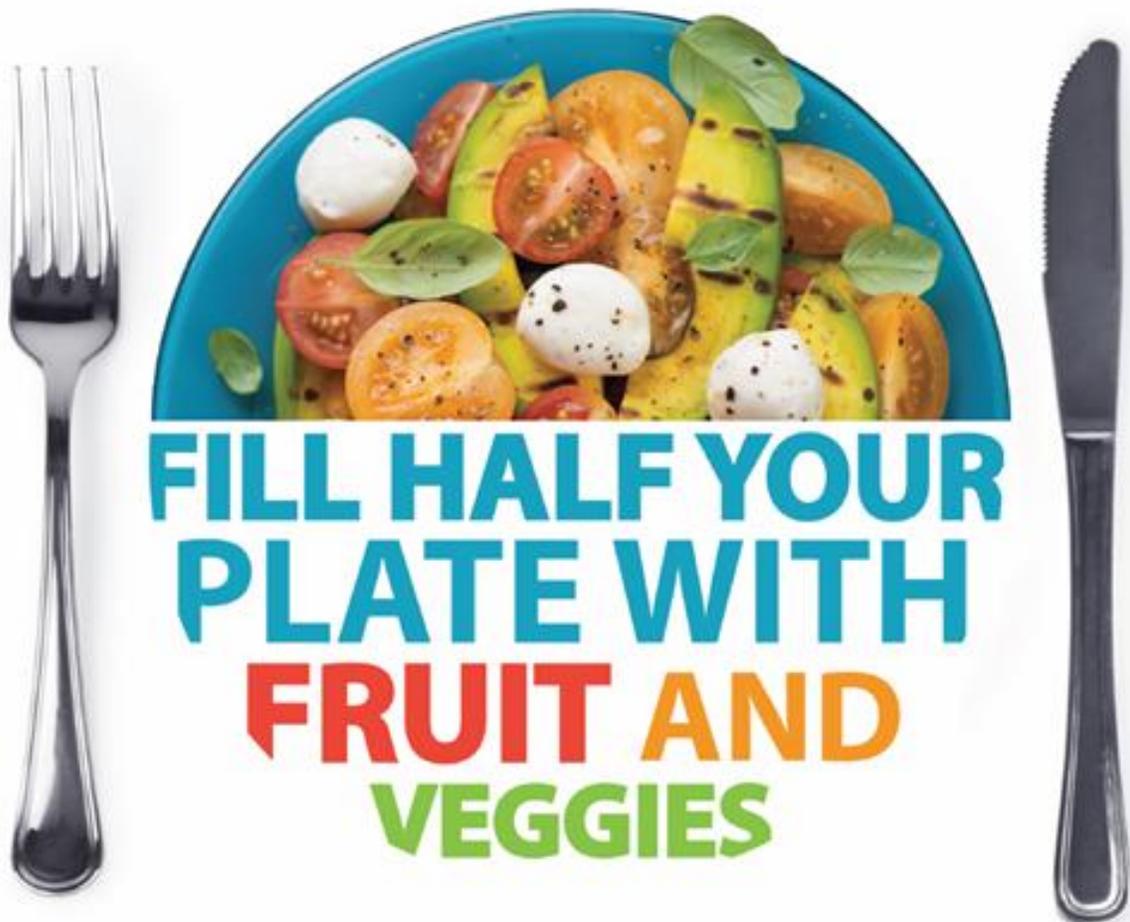
Canadian Cancer Society
Société canadienne du cancer

Have you received your *Reminder for Life*?

[Cancer screening and early detection](#) are two of the most powerful tools you have to fight back against cancer. Sign up for your [Reminder for Life](#) today and we'll send you an annual reminder about what you need to discuss with your doctor based on your age. *It's free, takes less than 30 seconds to sign up, and it might just save your life.*

Reminder for life

Your life is important at any age.



**FILL HALF YOUR
PLATE WITH
FRUIT AND
VEGGIES**

Did you know that adults need [at least 7-8 servings of fruits and vegetables every day](#)?
It's easier (and tastier) than you may think! For fresh meal ideas and recipes, visit:

halfyourplate.ca



Canadian Cancer Society
Société canadienne
du cancer

Making healthy choices for life

“We make a thousand choices a day, and at least two-thirds of those choices affect our health,” says Joy Sluser. “It’s whether you floss your teeth, if you wear your seatbelt, if you take the stairs or the elevator, how far away you park your car. All those choices, big and small – that’s what adds up to healthy living.”

Joy, 40, knows what she’s talking about. A lifelong sports enthusiast, the fitness instructor and former exercise therapist currently works as the active living coordinator for the Regina Qu’Appelle Health Region, where her goal is to help make it easier for people and communities to make healthy choices.

That might mean designing neighbourhoods with sidewalks and bike paths, making it safe and fun for kids to walk to school, or ensuring that people have access to healthy food choices at grocery stores nearby. It means helping businesses to encourage their employees to get up from their desks and move: why not make that next meeting a walking meeting?

At a family level, Joy also – literally – walks the walk. She’s part of a large but close-knit clan of siblings, cousins, aunts and uncles.

“As a family, we try to incorporate activity into our gatherings. Every Christmas, for example, we plan something active to do together. Last year, it was curling. Other years, we’ve gone ice-skating, tobogganing, downhill skiing. One year, we played beach volleyball in the snow.”

But healthy living has deeper family implications for Joy. Both her mother and her aunt were diagnosed with breast cancer at relatively young ages. That means that Joy and her cousins are at increased risk of developing the disease.

And while that’s not the happiest thought, Joy manages her increased risk by getting screened regularly, taking her own advice about healthy living and reaching out to her extended family.

“We can talk to each other,” she says. “I’m surrounded by people who understand my fears and what I’m going through. Just like everyone rallied to help when my mom and my aunt were sick, we’re here to help each other now. In that way, cancer has been something that has actually brought us closer together.”





Canadian Cancer Society
Société canadienne
du cancer

With the birth of her son, AJ, 6 months ago, Joy has an even stronger drive to stay healthy and decrease her cancer risks.

"Becoming a mom at age 40 has changed everything in my life," she says. "It isn't just about me any more. Leading a healthy lifestyle and modeling active and healthy living to my son is so important. I want to be there for AJ when he takes his first steps, when he starts his first day of school, when he graduates from university."

Joy – who is back to her pre-pregnancy weight – enjoys strolling outside with her son, swimming and dancing with him, and connecting with other new moms.

In the same way that her family is there for her, says Joy, the Canadian Cancer Society is there for Canadians, providing support and connections for people with cancer and their loved ones.

Joy has brought her passion for movement and healthy living to the Canadian Cancer Society in Saskatchewan.

She led a midnight “movement and motion” session at the Regina Relay for Life to keep participants moving and excited about the event. She’s coached Canadian Cancer Society volunteers and staff on how to incorporate physical activity and healthy choices into their work and events.

Her work with the Canadian Cancer Society is a labour of love, Joy says.

“Whether your cancer is curable or not, whether your loved ones survives or doesn’t, whether you’re very public or very private about your cancer, the Canadian Cancer Society meets you where you’re at.

“My mom, for example, was very private about her diagnosis. She’s not the type of person to go on a Survivors’ Walk. But the Canadian Cancer Society connected her with a woman who had been through the same experience, and they talked on the phone. It brings people closer together.”



Source: The Canadian Cancer Society (2015). *Fight for life monthly e-newsletter* wefightforlife.ca

It's My Life!

STOP CANCER BEFORE IT STARTS

Learn about the impact of cancer and how to reduce your risk.



READ ON, SPREAD THE WORD,
AND STOP CANCER BEFORE IT STARTS!

BEGIN >

[It's My Life!](#) is an interactive, evidence-based tool that teaches you how 10 lifestyle factors can affect your risk of getting cancer and what you can do to prevent it.

Learn how you can reduce your risk at: itsmylife.cancer.ca

Healthy choices for **LIFE**



Make the healthy choice an easy one

Dr Geeta Achyuthan has 10 quick and easy suggestions for leading a healthy lifestyle that can reduce your risk of cancer – even one change can make a significant difference! Live Well. Be Aware. Get Involved.



Canadian Cancer Society
Société canadienne du cancer

healthychoicesforlife.ca
toll-free # 1-888-939-3333



Canadian Société
Cancer canadienne
Society du cancer

Healthy Choices for Life Awareness Month Resources List 2015

The Canadian Cancer Society in Saskatchewan offers the following materials for healthy choices for life awareness month. To obtain copies, please contact your local Canadian Cancer Society office.

Brochures

[Eating Well When You Have Cancer](#) – code # 313-220

Eating well can be a challenge if you have cancer. This booklet provides information about what good nutrition is, why eating well is important for people with cancer and how to eat as well as possible throughout your treatment and recovery.

[Eat well, be active - What you can do](#) – code # 201-077

Information to help adults make changes to their eating and physical activity habits.

[Exercises after Breast Surgery: A guide for women](#) – code # 310-648

This booklet provides a series of exercises for women to do after breast cancer surgery.

[Monthly Tips to Reduce Your Risk of Cancer](#) – code # 211-079

This brochure provides 12 simple suggestions for reducing your risk of cancer by eating right and being active. Each is backed up by 5 useful tips.

[Preventing Cancer](#) – code # 311-384

This pamphlet is both a starting point for people who want to know how to reduce their risk of cancer and also a call to action that encourages you to get involved in your community and fight cancer on every level.

Shower card

Be body aware – code # 312-386

Fight cancer by knowing what warning signs to watch for.

Activity Book

[Eat well, be active](#)

A fun activity and colouring book for grades K – 3.

Mix it up!™ Campaign

[Mix it up!™](#) focuses on simple and practical ways to add a variety of veggies and fruit to every meal and snack. A vegetable and fruit primer, shopping tips and recipe ideas make it easy.



Canadian Cancer Society
Société canadienne
du cancer

Local Unit Offices in Saskatchewan

Lloydminster

Box 2071 Station Main
4910 50th Street
Lloydminster, SK S9V 1R6
Phone: 306 825-7722
Fax: 306 825-6822
E-mail: lloyd.ccask@sk.cancer.ca

Moose Jaw

61B Ross Street West
Moose Jaw, SK S6H 2M2
Phone: 306 692-2333
Fax: 306 692-6125
E-mail: mj.ccask@sk.cancer.ca

Northeastern

Box 2048, 202 Main Street
Melfort, SK S0E 1A0
Phone: 306 752-5665
Fax: 306 752-3078
E-mail: ne.ccask@sk.cancer.ca

Parkland

#29 lower level, 2nd Avenue North
Yorkton, SK S3N 1G1
Phone: 306 782-2788
Fax: 306 783-3446
E-mail: park.ccask@sk.cancer.ca

Prince Albert

54 11th Street East
Prince Albert, SK S6V 0Z9
Phone: 306 764-4808
Fax: 306 764-4065
E-mail: pa.ccask@sk.cancer.ca

Regina

1910 McIntyre Street
Regina, SK S4P 2R3
Phone: 306 790-5822
Fax: 306 569-2133
Email: ccask@sk.cancer.ca

Saskatoon

101 440 2nd Avenue North
Saskatoon, SK S7K 2C3
Phone: 306 244-4389
Fax: 306 244-5657
E-mail: sktn.ccask@sk.cancer.ca

