



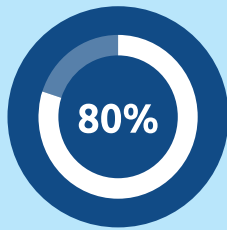
## PREPARING YOU FOR WORLD CANCER DAY

### Our tips to live a cancer-free life

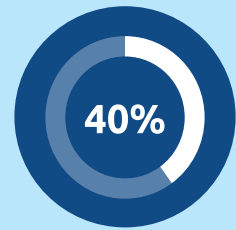
4 February is **World Cancer Day**. Launched by the Union for International Cancer Control, World Cancer Day promotes access to cancer diagnosis, treatment and healthcare for all.<sup>1,2</sup>



**1 IN 3 PEOPLE WILL  
BE DIAGNOSED WITH  
CANCER IN THEIR  
LIFETIME. <sup>3</sup>**



**SMOKING CAUSES ALMOST  
80% OF LUNG CANCER  
CASES. <sup>4</sup>**



**OVER 40% OF CANCERS  
DIAGNOSED IN THE US IN  
2020 WERE POTENTIALLY  
AVOIDABLE. <sup>2</sup>**

As Cancer Prevention Month approaches, we want to offer guidance on how to prevent cancer from developing.

There are many conflicting messages out there about what increases cancer risk and how to know we have it. The risk of getting cancer varies from person to person depending on genetics, environmental exposures and overall health, which only adds to the uncertainty.

Lifestyle choices have a proven effect on the likelihood of developing the disease, so we've gathered the most effective changes we can all make today to prevent cancer:



**Do not smoke** – smoking is the leading cause of lung cancer, so the best way to avoid it is to steer clear of those 'cancer sticks'.



**Eat healthy food** – consuming large amounts of processed foods can increase your risk of getting cancer. So, focus on eating plenty of fruits and vegetables, and avoid overly processed foods as much as possible.



**Moderate your alcohol intake** – enjoying a drink sometimes is fine. But your risk of various cancers, including breast, colon, and liver, increases with the amount of alcohol you drink and how long you've been drinking regularly.



**Stay active** – physical exercise is a must in preventing cancer. To maximise your health benefits, aim to get at least 150 minutes of moderate activity, or 75 minutes of intense activity, per week.



**Protect yourself from harmful sunlight** – avoid being in the sun between 10am and 4pm when the sun's rays are the strongest, wear sunscreen and don't overuse tanning beds.



**Go for cancer screenings** – cancer screening, such as mammography (breast cancer) or a Pap smear (cervical cancer), helps detect unusual changes in the body at an early stage, which makes treatment more effective. Screening saves lives and it's crucial to attend cancer screens where appropriate.

Through initiatives like Cancer Prevention Month, we can work together to raise awareness, encourage education, promote research, and support the fight against cancer. Please reach out to the Cigna team anytime if you have any questions.

## REFERENCES

1. World Cancer Day. About Us. <https://www.worldcancerday.org/our-story>. Accessed 14 December 2020.
2. National Cancer Prevention Month: What You Need To Know. Cancer Network. <https://www.cancernetwork.com/view/national-cancer-prevention-month-what-you-need-know>. Accessed 14 December 2020.
3. American Cancer Society. <https://www.cancer.org/>. Accessed 14 December 2020.
4. Tobacco and Cancer. Centers for Disease Control and Prevention. <https://www.cdc.gov/cancer/tobacco/>. Accessed 14 December 2020.

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