



- Tobacco related cancer incidence is significantly higher in NEPA than the United States.
- The most commonly diagnosed cancer in northeast Pennsylvania is **lung** cancer followed by female breast, prostate, colon and rectum, and urinary bladder.
- The cancer that causes the most deaths is **lung** followed by colon and rectum, pancreas, female breast and prostate.

What can you do to decrease your risk of developing cancer?

- **Quitting smoking is the single most important thing a person can do to lower his or her risk of cancer**
- Eat plenty of fruits and vegetables and a variety of plant based foods
- Limit intake of high fat foods, foods high in empty calories, and highly salted foods
- If you choose to drink alcohol, do so in moderation
- Maintain a healthy weight
- Be physically active
- Limit sun exposure
- Keep up-to-date on recommended cancer screenings

For help to quit smoking, call the PA Free Quit Line

1-800-784-8669 (English)

1-800-355-3569 (Spanish)

Visit the Northeast Regional Cancer Institute website:

<http://cancernea.org/cancer-information/tobacco-cessation-resources/>
for additional information and resources to help you quit smoking
or call us at 1-800-424-6724.

About the Northeast Regional Cancer Institute

2016 marks the 25th Anniversary of the Northeast Regional Cancer Institute. The Northeast Regional Cancer Institute is a nonprofit community-based agency serving seven counties in northeast Pennsylvania with offices located in Scranton and Wilkes-Barre. Focusing on surveillance, community and patient services, and hospital and practice support services, the Cancer Institute invests 100% of its resources locally.

SERVING NORTHEASTERN PENNSYLVANIA COUNTIES

Lackawanna | Luzerne | Monroe | Pike | Susquehanna | Wayne | Wyoming

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63 North Franklin Street
Wilkes-Barre, PA 18701

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www.cancernea.org