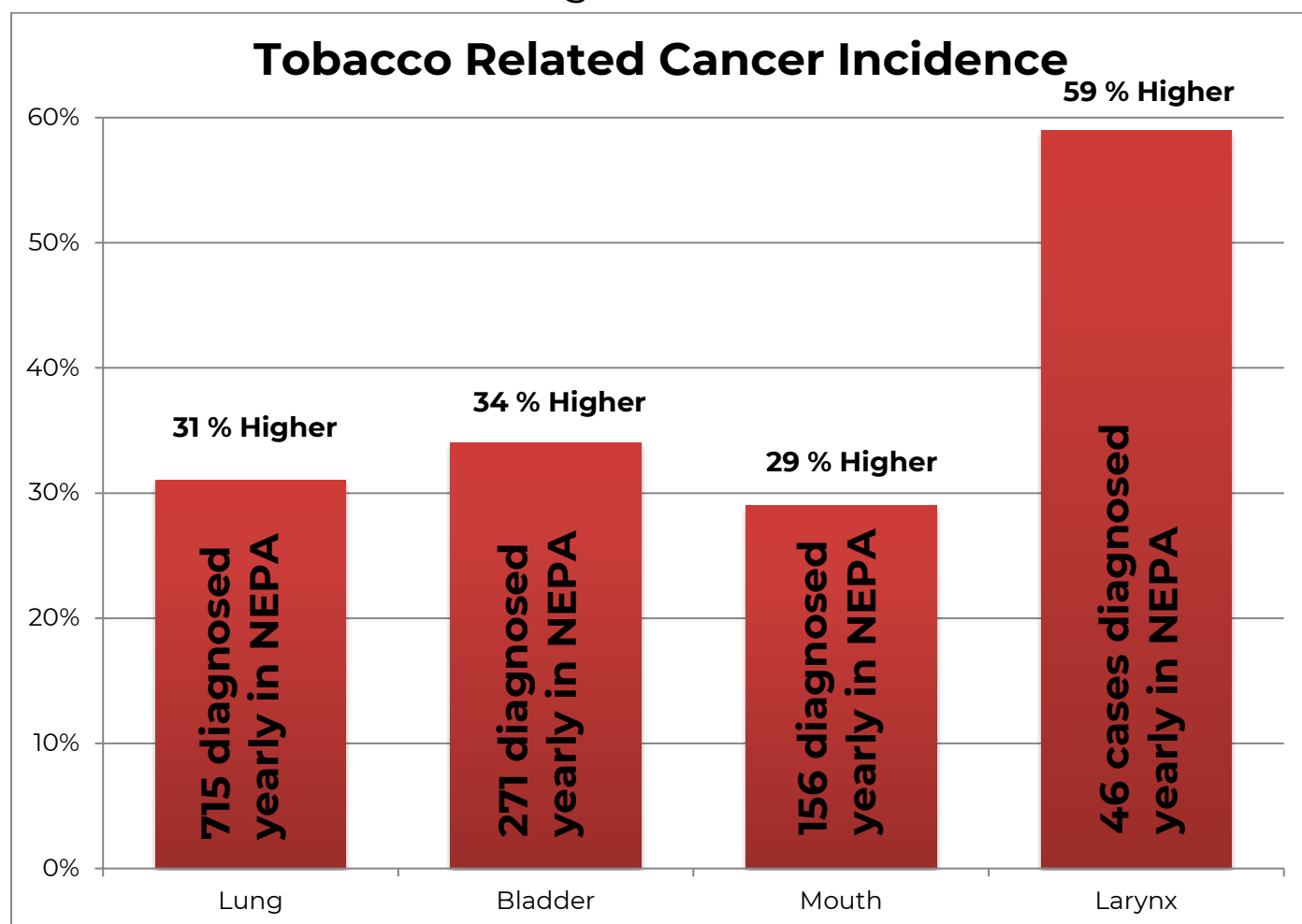


## Northeast Regional Cancer Institute



- 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) Visit the Northeast Regional Cancer Institute website <http://cancernepa.org/cancer-information/tobacco-cessation-resources/> for additional information and resources to help you quit smoking or call us at (570) 904-8808.