

Did You Know?

Environmental factors account for an estimated 75–80% of U.S. cancer cases.

Cancer Facts & Figures 2009, American Cancer Society



Cancer Can Be Beaten

The good news on the cancer front is that prevention, early detection by screening, and treatment advances have made cancer a beatable disease for many Americans. To help you and your family ward off this disease, American General encourages you to keep up with recommended cancer screenings (visit www.cancer.org for details) and follow the experts' tips below to a healthier life.

What You Can Do to Help Reduce Your Cancer Risk

- Eat healthier:
 - Cut down on high-fat foods and rich desserts.
 - Eat more high-fiber foods, including beans and whole-grain breads, cereals, pastas, etc.
 - Eat at least five servings of fruits and vegetables every day.
 - Limit meat intake, especially smoked and salt-cured.
 - Bake, broil or braise lean meat, fish or skinned poultry.
- Stay physically active — your goal should be 30 or more minutes of moderate activity at least five days a week.
- Maintain an ideal weight.
- Limit alcohol consumption.
- If you smoke, quit.
- Limit sun exposure and use sunscreen of SPF or higher.
- Have a doctor check your skin and check yourself once a month.

Anna's Story: Self-Exams and Regular Screenings Can Be Lifesavers¹

Like many teenage girls, Anna had drenched herself in baby oil while tanning during her high-school years. It wasn't until her twenties that she realized that behavior might have put her at risk for skin cancer. So, even though she was only 29, she asked her doctor during a well-visit exam to check out an unusual-looking spot on her leg. It turned out to be melanoma. But fortunately it was detected at a very early stage and was curable — it hadn't yet spread to any other part of her body. Anna's cancer coverage helped defray some of the costs associated with her skin cancer surgery. Afterward, she vowed to keep up with her annual well-visit exams and cancer screening tests so she would stay on track for living a longer, healthier life.

For more information, visit
americangeneral.com/employeebenefits.

Not for use in Wyoming.

American General Life Companies

American General Life Companies, americangeneral.com, is the marketing name for the insurance companies and affiliates comprising the domestic life operations of American International Group, Inc.

© 2010. All rights reserved.

06675006-1836 R03/10

¹ For illustration purposes only.