**OCTOBER IS BREAST CANCER AWARENESS MONTH!**

Did you know that your TCMC Healthcare team is supporting Breast Cancer research by participating in the annual “Run for the Cure”? In honour of friends, family and patients, our team will be out in full force!

If you would like to make donations to support this great cause please go to this link and support our team – BAY'S ANATOMY!

http://cibcrunforthecure.supportcbcf.com

***What preventative measures can YOU take today?***

**1. LIVE WELL!**

• Quit smoking

• Don't over-eat and eat a diet full of fruits and vegetables

• Get fit - challenge yourself to a brisk, 30 minute walk every day of your life!

• Avoid alcohol

• Don't use tanning beds and use sunscreen when outdoors

• Keep your family as healthy as possible by adopting as many healthy habits as possible.

Exercise, have 1 or 2 vegetarian meals a week, eat more healthy snacks after school and avoid "sweet treats".

**2. BE AWARE!**

• Of your family genetics, that is, what "runs in your family", e.g. bowel cancer, ovarian cancer, breast cancer.

• That some viruses (like HPV - and cervical cancer) and bacteria (H.pylori - and stomach

cancer) can cause cancer. Remember also that Hepatitis B and C can cause liver cancer.

• Of harmful substances in your environment and minimize them if possible (BPA

plastics, non-stick cookware, asbestos, second hand smoke)

**3. WHAT CAN YOU DO?**

• This month, support the Cancer Society by volunteering, making a donation, or get together a team to run for the cure!

• Share your own personal story of cancer with friends, at a school, or other places in the

community.