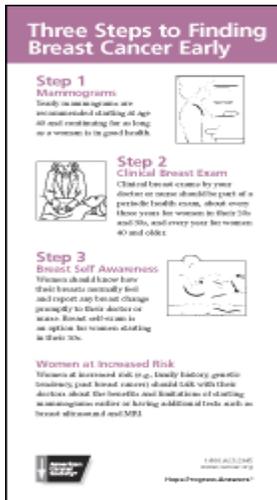


# ICC Cancer Prevention Education Resource Guide

## Breast Cancer

### Breast Health Card (ACS)



Reminder card about the three ways to find breast cancer early: mammograms, clinical breast exam, breast self-exam. Also has five things to tell your friends about breast cancer.

To order, please visit

[http://www.cancer.org/asp/freebrochures/fb\\_global.asp](http://www.cancer.org/asp/freebrochures/fb_global.asp)

### Breast Health and You (Komen)



This full-color brochure, targeted towards Hispanic/Latina women, provides information about the 3-step breast health approach.

To order, please visit

<http://ww3.komen.org/promiseshop/ProductInfo.aspx?productid=806-347>

Ordering Information: Order Number: SKU 806-347 (50 per package)

### Common Breast Changes (NCI)

This booklet discusses finding breast changes and answers common questions about next steps in case of abnormal mammogram results. It provides a chart listing possible mammogram results and follow-up care. NCI.8/2005

Ordering Information: P059

To print PDF, please visit <http://www.cancer.gov/cancertopics/Common-Breast-Changes-PDF>

### Understanding Breast Changes: A Health Guide for Women (NCI)

Contains information on common breast changes at various life stages, types of follow-up testing, and types of biopsies. Helps women understand their screening results and emphasizes that not all breast changes mean cancer. Includes an errata sheet. NCI. 09/2005

Inventory Number: P051

To print PDF, please visit <http://www.cancer.gov/cancertopics/understanding-breast-changes/PDF>

## Cervical Cancer & HPV

### Human Papillomaviruses and Cancer: Questions and Answers (FS 3.20) (NCI)

Make sure to give your ordering/tracking code: ICC.

Mail Order also available on pages 16-18.

This is a fact sheet about the link between human papillomavirus (HPV) infection and cancer.

**Inventory Number: F703**

[http://www.cancer.gov/images/Documents/6256964a-8613-4477-9918-08b3d4b59add/Fs3\\_20.pdf](http://www.cancer.gov/images/Documents/6256964a-8613-4477-9918-08b3d4b59add/Fs3_20.pdf)

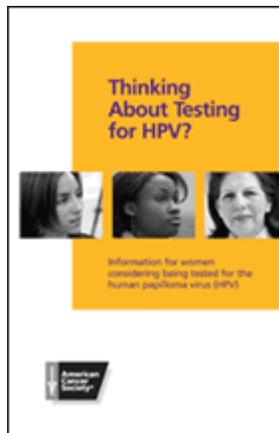
### **Pap Tests: Things to Know (NCI)**

This brochure is easy-to-read and provides general information to women about the Importance of routine Pap testing in preventing and detecting cervical cancer. Additionally, readers are provided with information on what to expect during screening, when to get a Pap test, information on HPV, how to pay for a Pap test, and information on contacting. NCI. 09/2007

**Inventory Number: P122**

<http://www.cancer.gov/cancertopics/pap-tests-things-to-know.pdf>

### **Thinking About Testing For HPV (ACS)**



This booklet is for women who think they might want to be tested for HPV. It discusses the difference between a Pap test and an HPV test, what to do if you find out you have HPV, how women can get HPV, how to talk to your partner about HPV, and what it means if you find out you do not have HPV.

To order, please visit

[http://www.cancer.org/asp/freebrochures/fb\\_global.asp](http://www.cancer.org/asp/freebrochures/fb_global.asp)

### **Understanding Cervical Changes: A Health Guide for Women (NCI)**

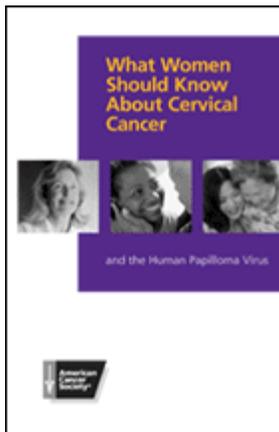
Discusses Pap testing, including HPV testing, interpreting abnormal test results and next steps, the importance of follow-up, and treatments for cell changes. Emphasizes that not all cervical changes mean cancer. NCI. 12/2004

**Inventory Number: P295**

<http://www.cancer.gov/cancertopics/understandingcervicalchangesPDF>

(Choose View/Print PDF)

### **What Women Should Know About Cervical Cancer and the Human Papilloma Virus (Eng/Sp) (ACS)**



This booklet helps women understand HPV and its relationship to cervix cancer. It also discusses the importance of Pap testing to prevent cervical cancer and suggests the circumstances that might lead a woman over 30 to have the DNA test for HPV.

To order, please visit

[http://www.cancer.org/asp/freebrochures/fb\\_global.asp](http://www.cancer.org/asp/freebrochures/fb_global.asp)

### **Cervical Cancer Fact Sheet (National Black Leadership Initiative on Cancer-NBLIC)**

Provides information on what every woman should know, risk factors, how to recognize signs and symptoms, and guidelines for early detection.

### **Colorectal Cancer**

#### **Colorectal Cancer Screening: Questions and Answers (FS 5.31) (NCI)**

This fact sheet discusses the advantages and disadvantages of several colorectal cancer screening tests.

**Inventory: N011**

[http://www.cancer.gov/images/Documents/e1198c48-5c7b-46aa-bdc3-a3161290623a/fs5\\_31.pdf](http://www.cancer.gov/images/Documents/e1198c48-5c7b-46aa-bdc3-a3161290623a/fs5_31.pdf)

#### **Colorectal Cancer Screening Saves Lives PDF (Eng/Sp) (CDC)**

This brochure outlines the screening options as well as providing background information on colorectal cancer.

[http://www.cdc.gov/Cancer/colorectal/pdf/SFLY4\\_brochure.pdf](http://www.cdc.gov/Cancer/colorectal/pdf/SFLY4_brochure.pdf)

[http://www.cdc.gov/Cancer/colorectal/pdf/fs\\_basic\\_spanish.pdf](http://www.cdc.gov/Cancer/colorectal/pdf/fs_basic_spanish.pdf) (Spanish)

#### **Colorectal Cancer (Eng/Sp) (Prevent Cancer Foundation)**

The brochure gives an overview of colorectal cancer, who's at risk and how to lower the risk of getting colorectal cancer.

[http://www.preventcancer.org/excontent\\_wide.aspx?id=376](http://www.preventcancer.org/excontent_wide.aspx?id=376)

Ordering Info: Order Number: 2-12F English / #2-10 Spanish ( First 100 free)

### **Colorectal Cancer Fact Sheet (National Black Leadership Initiative on Cancer-NBLIC)**

Provides information on what everyone should know, risk factors, how to recognize signs and symptoms, and guidelines for early detection.

### **Prostate Cancer**

## Prostate Cancer Screening: A Decision Guide (CDC)

This brochure gives an overall background of prostate cancer as well as the various screening options and the pros and cons for screening.

To Order online: <http://www.cdc.gov/pubs/dcpc1.aspx>

To Print PDF: <http://www.cdc.gov/cancer/prostate/prospdf/prosguide.pdf>

## Prostate Cancer Screening: A Decision Guide for African Americans (Eng/Sp) (CDC)

This brochure gives an overall background of prostate cancer as well as the various screening options for African-Americans and the pros and cons for screening.

To Order online: <http://www.cdc.gov/pubs/dcpc1.aspx>

To Print PDF: <http://www.cdc.gov/cancer/prostate/prospdf/aaprosguide.pdf>

Spanish version printable PDF:

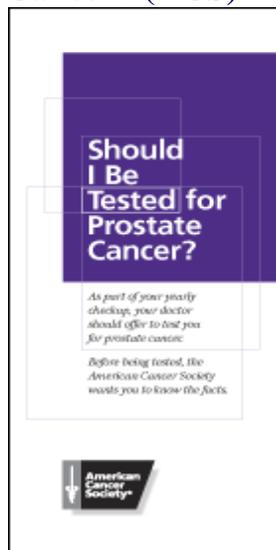
[http://www.cdc.gov/cancer/prostate/prospdf/prostate\\_cancer\\_spanish.pdf](http://www.cdc.gov/cancer/prostate/prospdf/prostate_cancer_spanish.pdf)

## La Detección del Cáncer de Próstata: Una Guía para Hispanos en los Estados Unidos (CDC)

This Spanish brochure gives an overall background of prostate cancer as well as the various screening options and the pros and cons for screening.

<http://www.cdc.gov/cancer/dcpc/library/online/prostate.htm>

## Should I Be Tested For Prostate Cancer? (ACS)



Men can use the card to help get the facts about screening in order to make an informed decision that is right for them. The card advises men to ask their doctors about the pros and cons of testing and treatment, but first, to get the facts.

To order, please visit

[http://www.cancer.org/asp/freebrochures/fb\\_global.asp](http://www.cancer.org/asp/freebrochures/fb_global.asp)

## Treatment Choices for Men with Early Stage Prostate Cancer (NCI)

This booklet is to help newly-diagnosed men understand the treatment options available to them for prostate cancer found in the early stages (when cancer is confined to the prostate). It discusses the risks and benefits of surgery, radiation and watchful waiting and provides a comparison chart to give basic information about the three options. It discusses the importance of personal preference in weighing the risks and benefits of treatment and provides a list of questions to ask. NCI.12/2005 **Inventory Number:** P070

Make sure to give your ordering/tracking code: ICC.  
Mail Order also available on pages 16-18.

To order online: <http://www.cancer.gov/cancertopics/prostate-cancer-treatment-choices>

To Print PDF: <http://www.cancer.gov/cancertopics/prostate-cancer-treatment-choices>

### **Understanding Prostate Changes: A Health Guide for Men (NCI)**

Discusses the spectrum of prostate conditions, both cancerous and non-cancerous, that occur with age. Emphasizes that not all prostate changes mean prostate cancer and provides information about symptoms, treatment options, and tests to detect these conditions. NCI.8/2004

**Inventory Number:** P611

<http://www.cancer.gov/cancertopics/understanding-prostate-changes>

## **Skin Cancer**

### **Choose Your Cover (CDC)**

This brochure discusses the impact of skin cancer and the best ways to shield your skin from the sun's ultraviolet rays.

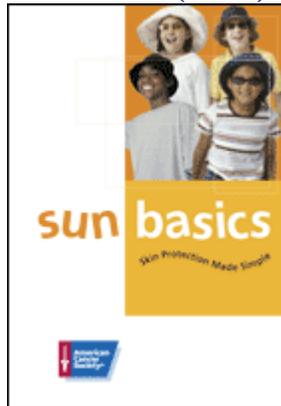
<http://www.cdc.gov/cancer/skin/pdf/broch.pdf>

### **Play It Safe in the Sun: A Guide for Parents (CDC)**

This brochure outlines the dangers of a sunburn and the benefits of sunscreen for children.

<http://www.cdc.gov/cancer/skin/pdf/CYCParentsBrochure.pdf>

### **Sun Basics (ACS)**

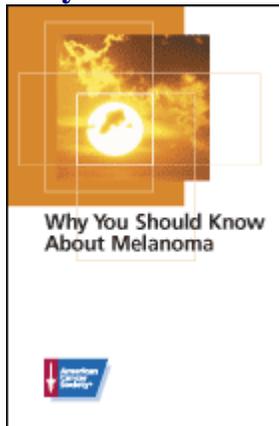


Slip! on a shirt, Slop! on sunscreen, and Slap! on a hat. Kids can have fun learning about sun protection in this colorful pamphlet.

To order, please visit

[http://www.cancer.org/asp/freebrochures/fb\\_global.asp](http://www.cancer.org/asp/freebrochures/fb_global.asp)

### **Why You Should Know About Melanoma (ACS)**



Melanoma rates are increasing in the United States. Find out about this dangerous type of skin cancer, what causes it, and how you can prevent it. This pamphlet includes instructions on how to examine your skin. Pictures are also included.

To order, please visit

[http://www.cancer.org/asp/freebrochures/fb\\_global.asp](http://www.cancer.org/asp/freebrochures/fb_global.asp)

Make sure to give your ordering/tracking code: ICC.  
Mail Order also available on pages 16-18.

Make sure to give your ordering/tracking code: ICC.  
Mail Order also available on pages 16-18.

## Tobacco (Lung Cancer )

### **Cigar Smoking and Cancer (NCI)**

This factsheet reviews questions and their corresponding answers regarding cigar smoking and cancer.

[http://www.cancer.gov/images/Documents/a01553ec-99ec-40dc-8dfb-6b2cd27225a7/fs10\\_16.pdf](http://www.cancer.gov/images/Documents/a01553ec-99ec-40dc-8dfb-6b2cd27225a7/fs10_16.pdf)

### **Clear Horizons (2001) for smokers over age 50**



If you're a smoker over 50 who is thinking about quitting, *Clear Horizons* is just for you. Even if you've been smoking for most of your life, you can still quit and reverse much of the damage that smoking has caused to your body. This 24-page guide will help you every step of the way. Tools have been included to help reinforce your decision to quit, with information about specific methods, such as replacement therapy or quitting cold turkey. Let *Clear Horizons* help you make the decision to live longer by quitting smoking. <http://www.myclarhorizons.com>

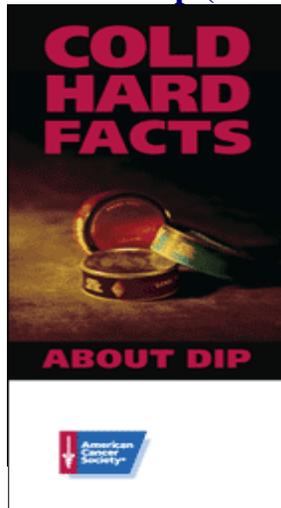
### **Clearing the Air (Smokefree.gov)**



This booklet is designed to help you at any stage—whether you're still thinking about quitting, have made the decision to quit, or have already taken steps to quit and just need help maintaining your new lifestyle. Both ex-smokers and experts have contributed to this guide. *Clearing the Air* can help people at all stages make it to their final goal—living smoke-free.

To Print PDF: [http://www.smokefree.gov/pubs/Clearing-The-Air\\_acc.pdf](http://www.smokefree.gov/pubs/Clearing-The-Air_acc.pdf)

### **Cold Hard Facts About Dip (ACS)**



This piece is designed to help heavy users quit their habit. It provides important information on the dangers of smokeless tobacco.

To order, please visit

[http://www.cancer.org/asp/freebrochures/fb\\_global.asp](http://www.cancer.org/asp/freebrochures/fb_global.asp)



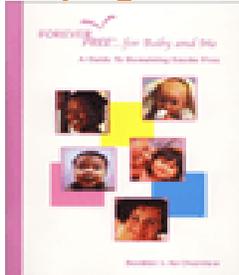
### **Forever Free™ (2000) (Smokefree.gov) for smokers who have recently quit**

Congratulations! You've made the decision to stop smoking, and have taken real steps to quit. Now comes the next step: Staying smoke-free. People who quit smoking initially fight to overcome their body's addiction to the drug nicotine. But afterward, they still face challenges that can tempt them to smoke. *Forever Free™* includes eight booklets that describe these challenges and ways to deal with them without

Make sure to give yo  
Mail Order also avai

smoking. Among the topics are controlling weight gain, dealing with stress, and what to do if you have that first cigarette

**Forever Free for Baby and Me™ (2004) (Smokefree.gov)**  
**for pregnant smokers who have recently quit**



Congratulations on quitting smoking! You have taken one of the most important health steps that a woman can take. The fact that you asked for *Forever Free for Baby and Me* means that you want to stay smoke-free for you, your baby, and your family. You can succeed! Your commitment, along with the *Forever Free for Baby and Me* booklets, should increase your chance of success!

**Guía para dejar de fumar: No lo deje para mañana, deje de fumar hoy (Guide to Quitting Smoking: Don't Leave It for Tomorrow, Quit Today) (NCI)**

Este folleto de 36 páginas, totalmente en colores, para ayudarse a uno mismo a dejar de fumar, está dirigido específicamente a públicos de habla hispana. La presente guía ofrece sugerencias sobre cómo dejar de fumar e incluye una sección amplia sobre ayudas farmacológicas para la adicción a la nicotina. A full-color, 36-page self-help booklet on smoking cessation. Gives tips on how to quit smoking and includes an extensive section on pharmacological aids for nicotine addiction.

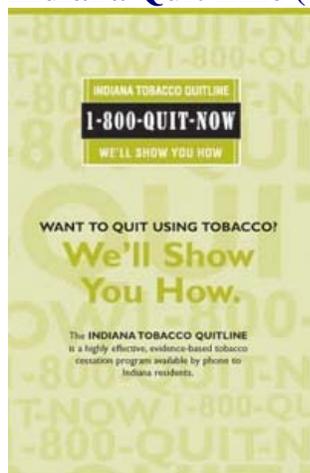
NCI.1/2002 [http://cancercontrol.cancer.gov/tcrb/Spanish\\_Smoking\\_book.pdf](http://cancercontrol.cancer.gov/tcrb/Spanish_Smoking_book.pdf)

## **I am Quitting For Life – Pocket Guide (ITPC/ISDH)**

This pocket guide outlines what happens to your body when you quit smoking, how exposure to secondhand smoke is equivalent to smoking, as well as the cost-savings of quitting smoking. The guide also gives suggestions on how to quit smoking and alternative activities in which to engage instead of smoking.

<http://www.in.gov/inshape/files/pocketguide.pdf>

## **Indiana Quit Line (ITPC)**



This Web site provides information for *tobacco users*, to kick the habit and improve your health; for *healthcare providers*, to use the Quitline to help your patients quit; for *employers*, to learn how to become smoke-free; and for *family and friends*, to support your loved one's decision to quit.

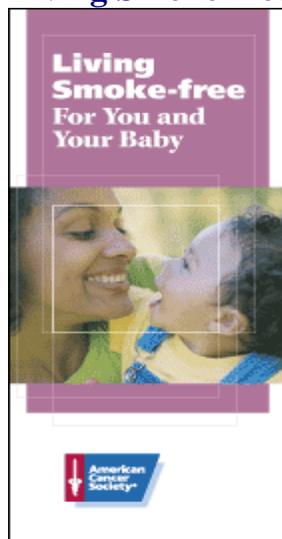
To Order online: [http://www.indianatobaccoquitline.net/partners\\_update.aspx](http://www.indianatobaccoquitline.net/partners_update.aspx)

To Print PDF: <http://www.indianatobaccoquitline.net/documents/GeneralI.pdf>

Quit line for Providers:

<http://www.indianatobaccoquitline.net/documents/ProviderQuitlineBrochure.pdf>

## **Living Smoke-free For You and Your Baby (Eng/Sp) (ACS)**



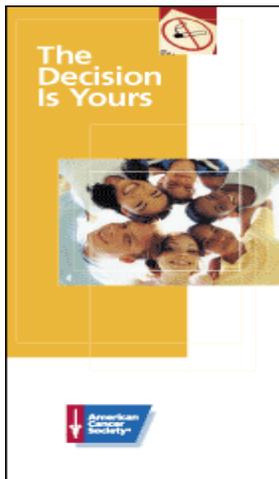
Simply stated, smoking hurts your baby before it's born, after it's born, and it hurts you. Following all three statements are detailed facts supporting the dangers of smoking during pregnancy, including harm to the baby, an increased chance of infant mortality, and harm to the mother's health.

To order, please visit

[http://www.cancer.org/asp/freebrochures/fb\\_global.asp](http://www.cancer.org/asp/freebrochures/fb_global.asp)

## **The Decision Is Yours (Eng/Sp) (ACS)**

Make sure to give your ordering/tracking code: ICC.  
Mail Order also available on pages 16-18.



This pamphlet will certainly help young people make the decision not to smoke. With medical photos of a healthy lung, emphysema, and lung cancer, this pamphlet gives graphic and detailed information on the harmful effects of smoking.

To order, please visit

[http://www.cancer.org/asp/freebrochures/fb\\_global.asp](http://www.cancer.org/asp/freebrochures/fb_global.asp)

### **The Smoke Around You (Eng/Sp) (ACS)**



This pamphlet describes the dangers of secondhand smoke for nonsmokers. It includes sections on "Who's Taking Action" and "What You Can Do."

To order, please visit

[http://www.cancer.org/asp/freebrochures/fb\\_global.asp](http://www.cancer.org/asp/freebrochures/fb_global.asp)

### **Tobacco Treatment Resource Guide (ITPC)- DRAFT**

This guide provides information on treatment options such as counseling, FDA-approved Pharmacotherapy, and insurance coverage.

### **Lung Cancer Fact Sheet (National Black Leadership Initiative on Cancer-NBLIC)**

Provides information on what everyone should know, risk factors, how to recognize signs and symptoms, and guidelines for early detection.

### **Second Hand Smoke Fact Sheet (NCI)**

Provides questions and answers regarding the detrimental effects of secondhand smoke, how exposure is measured, if there is a safe level of secondhand smoke, as well as what is being done to reduce exposure.

Make sure to give your ordering/tracking code: ICC.  
Mail Order also available on pages 16-18.

## **General Cancer**

### **A Healthy You! America's Guide to Healthy Living (Eli Lilly)**

This guide provides information on an extensive range of topics to help Americans live healthy.

To print, please visit [http://www.lillyforbetterhealth.com/pdf/healthy\\_you.pdf](http://www.lillyforbetterhealth.com/pdf/healthy_you.pdf)

### **My NCI: WYNTK Cancer Series, CD (NCI)**

This CD contains patient education publications including the entire What You Need To Know About Cancer Series™ and additional publications on Breast, Cervical and Prostate Cancer.

02/2008

### **Cancer Facts For Men (Eng/Sp) (ACS)**

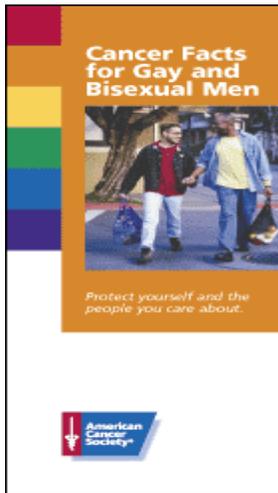


This pamphlet gives an overview of the cancers that most frequently affect men (prostate, lung, colorectal, and skin) who are at risk for developing the cancers, and guidelines for early detection.

To order, please visit

[http://www.cancer.org/asp/freebrochures/fb\\_global.asp](http://www.cancer.org/asp/freebrochures/fb_global.asp)

### **Cancer Facts for Gay and Bisexual Men (ACS)**

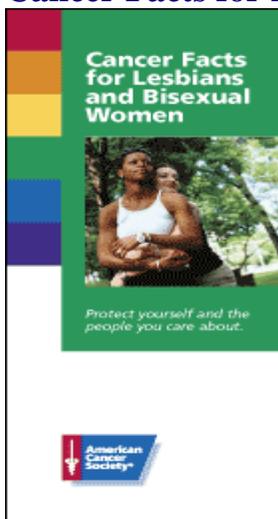


This booklet is similar to the Cancer Facts for Men brochure but it has been adapted specifically for gay and bisexual men. It addresses lung, prostate, colon, anal, testicular, and skin cancers.

To order, please visit

[http://www.cancer.org/asp/freebrochures/fb\\_global.asp](http://www.cancer.org/asp/freebrochures/fb_global.asp)

### **Cancer Facts for Lesbians and Bisexual Women (ACS)**



This is similar to the Cancer Facts for Women brochure but it has been adapted specifically for lesbian and bisexual women. It addresses lung, breast, gynecologic, colon, and skin cancers.

To order, please visit

[http://www.cancer.org/asp/freebrochures/fb\\_global.asp](http://www.cancer.org/asp/freebrochures/fb_global.asp)

### **Cancer Facts for Women (Eng/SP) (ACS)**



This pamphlet gives an overview of the cancers that most frequently affect women (breast, lung, colorectal, endometrial, ovarian, and cervical) who are at risk for developing the cancers, and guidelines for early detection.

To order, please visit

[http://www.cancer.org/asp/freebrochures/fb\\_global.asp](http://www.cancer.org/asp/freebrochures/fb_global.asp)

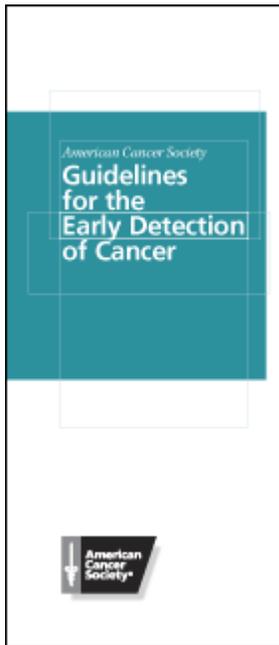
### **Guide to Preventable Cancer (Prevent Cancer Foundation)**

This guide gives an overview of the following preventable cancers: breast, cervical, colorectal, lung, oral, prostate, and skin cancer. 100 free, \$.70/per guide after that .70each.

To print, please visit

<http://orders.asapmail.com/sqlimages/crpf/preventable%20cancer%20guide%209-07.pdf>

### **Guidelines for the Early Detection of Cancer (Eng/Sp) (ACS)**



Created for Spanish-speaking audiences, this pamphlet provides general information regarding cancer-related checkups for the early detection of cancer in people without symptoms. The information is broken down by sex, with basic information on breast and uterus screening for women, prostate screening for men, and colon and rectum screening for both. Formerly titled Cancer-Related Checkups

To order, please visit

[http://www.cancer.org/asp/freebrochures/fb\\_global.asp](http://www.cancer.org/asp/freebrochures/fb_global.asp)

### **If You Want To Find Ways To Prevent Cancer, Learn About Prevention, Clinical Trials (NCI)**

Easy-to-read brochure that explains the basics of cancer prevention trials (NCI)

#### **Inventory P163**

[http://www.cancer.gov/PDF/59e41eaf-1675-4673-aef2-3f9024f43ac3/CTES\\_PrevBrochEnglishAPP1.pdf](http://www.cancer.gov/PDF/59e41eaf-1675-4673-aef2-3f9024f43ac3/CTES_PrevBrochEnglishAPP1.pdf) (View PDF)

### **Obesity and Cancer Fact Sheet (NCI)**

Provides information on what causes obesity, the relationship between obesity and various types of cancer, and how weight loss and regular physical activity can decrease the risk of developing cancer.

To print, please visit [http://www.cancer.gov/images/Documents/0ed3af8f-0d8d-41aa-8613-acf53a1070f3/fs3\\_70.pdf](http://www.cancer.gov/images/Documents/0ed3af8f-0d8d-41aa-8613-acf53a1070f3/fs3_70.pdf)

### **Cancer Support**

### **LGFB Promotional Pamphlet (ACS)**

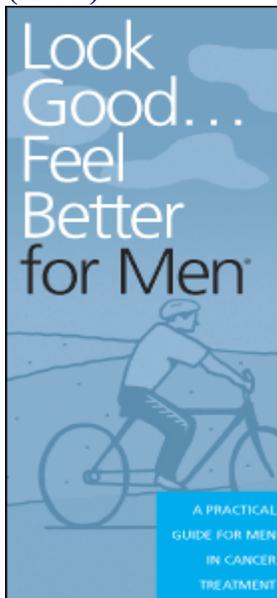


Learn about Look Good Feel Better, a program that teaches female cancer patients beauty techniques to help enhance their appearance and self-image during cancer treatment. It features the "beauty prescription" artwork.

To order, please visit

[http://www.cancer.org/asp/freebrochures/fb\\_global.asp](http://www.cancer.org/asp/freebrochures/fb_global.asp)

### **Look Good Feel Better for Men (ACS)**



This brochure contains a wealth of information for men who are undergoing chemotherapy or radiation treatment and are seeking information on how to deal with the appearance-related side effects of their treatment as well as other information that will be useful to them during this time. In the back of the brochure, there is also a tear-out sheet containing steps to help men with their daily routine of skin care and hair.

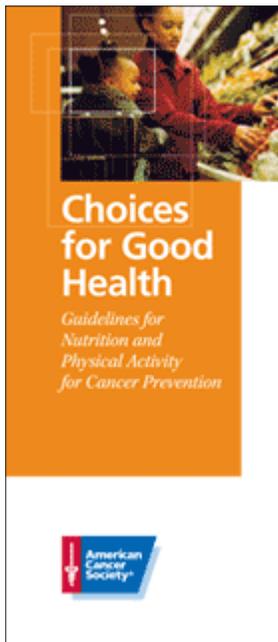
To order, please visit

[http://www.cancer.org/asp/freebrochures/fb\\_global.asp](http://www.cancer.org/asp/freebrochures/fb_global.asp)

### **Healthy Lifestyle/Prevention**

### **Choices for Good Health (ACS)**

Make sure to give your ordering/tracking code: ICC.  
Mail Order also available on pages 16-18.



This colorful pamphlet gives the current American Cancer Society nutrition and physical activity guidelines and offers tips on how to fit them into one's lifestyle.

To order, please visit

[http://www.cancer.org/asp/freebrochures/fb\\_global.asp](http://www.cancer.org/asp/freebrochures/fb_global.asp)

### **Choose Smart Choose Healthy (CDC)**

Your mother and grandmother always told you to eat your fruits and vegetables. Now find out how eating a colorful variety every day may protect against chronic health conditions. This brochure was designed for African-American women.

To print, please visit

[http://www.fruitsandveggiesmatter.gov/downloads/AA\\_Womens\\_Brochure.pdf](http://www.fruitsandveggiesmatter.gov/downloads/AA_Womens_Brochure.pdf)

### **Cooking Smart (ACS)**

Cooking Smart contains information about preparing meals that meet the ACS Nutrition Guidelines. It includes shopping lists, quick menu suggestions, tips on recipe makeovers, and new recipes from the ACS Healthy Eating Cookbook.

To order, please visit [http://www.cancer.org/asp/freebrochures/fb\\_global.asp](http://www.cancer.org/asp/freebrochures/fb_global.asp)

### **Encourage Kids to Eat More Fruits and Veggies (CDC)**

Help kids eat more fruits and vegetables. View tips and fun recipes that encourage children to eat their fruits and veggies.

To print, please visit [http://www.fruitsandveggiesmatter.gov/downloads/kids\\_fv\\_tips.pdf](http://www.fruitsandveggiesmatter.gov/downloads/kids_fv_tips.pdf)

### **Explore the World with Fruits and Veggies (CDC)**

Learn how to incorporate fruits, vegetables, seasonings, and spices to create foods from all over the world.

To print, please visit

[http://www.fruitsandveggiesmatter.gov/downloads/explore\\_brochure.pdf](http://www.fruitsandveggiesmatter.gov/downloads/explore_brochure.pdf)

### **How Many Fruits and Vegetables Do You Need? (CDC)**

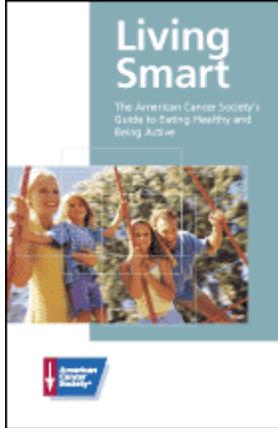
The amount of fruits and vegetables you need depends on your age, sex, and level of physical activity. We'll show you simple ways to eat the amounts that are right for you.

This brochure was designed for all audiences.

To print, please visit

Make sure to give your ordering/tracking code: ICC.  
Mail Order also available on pages 16-18.

## Living Smart (ACS)



Living Smart contains information about incorporating healthy eating and physical activity into a busy lifestyle. The pamphlet has practical tips for using each of the four Nutrition Guidelines in everyday life. It has a Living Smart Quiz that includes questions about physical activity.

To order, please visit

[http://www.cancer.org/asp/freebrochures/fb\\_global.asp](http://www.cancer.org/asp/freebrochures/fb_global.asp)

## The Good News About Fruits & Vegetables (NCI)

This brochure for African American church members is about the benefits of eating more fruits and vegetables. It is written in plain language and explains the Federal recommendations for fruit and vegetable consumption. The content has been tailored for church members participating in the Body & Soul program and provides culturally appropriate suggestions for increasing fruit and vegetable consumption. NCI.12/2007 **Inventory: P085**

## The Plain & Simple Truth About Cancer Risk (NCI)

This is an online tool that you can navigate to learn risk information for six common cancers, steps to lowering your risk, tips for understanding cancer news stories, tools to use with your doctor to manage your cancer risk and much more!

To print, please visit <http://understandingrisk.cancer.gov>

## Why Do Fruits and Vegetables Matter to Men? (CDC)

Your family is counting on you to be there, but African-American men have higher rates of high blood pressure, stroke, and some cancers than white men. Learn how many fruits and vegetables you need to eat every day for good health. This brochure was designed for African-American men.

To print, please visit

[http://www.fruitsandveggiesmatter.gov/downloads/AA\\_Mens\\_Brochure.pdf](http://www.fruitsandveggiesmatter.gov/downloads/AA_Mens_Brochure.pdf)

## Diet and Nutrition Fact Sheet (National Black Leadership Initiative on Cancer-NBLIC)

Provides important facts everyone should know about diet and nutrition as well as healthy eating tips.

## Resources (Web sites):

American Cancer Society

1-800-227-2345

[www.cancer.org](http://www.cancer.org)

Centers for Disease Control

1-800-232-4636

[www.cdc.gov](http://www.cdc.gov)

Make sure to give your ordering/tracking code: ICC.  
Mail Order also available on pages 16-18.

Clinical Trials  
[www.clinicaltrials.gov](http://www.clinicaltrials.gov)

Fruits and Veggies Matter More  
[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

INShape IN  
[www.in.gov/inshape](http://www.in.gov/inshape)

Susan G. Komen for the Cure  
[www.komen.org](http://www.komen.org)

National Cancer Institute  
[www.cancer.gov](http://www.cancer.gov)

Eli Lilly  
[www.lillyforbetterhealth.com](http://www.lillyforbetterhealth.com)

Indiana Tobacco Prevention and Cessation  
1-800-QUIT-NOW  
[www.in.gov/itpc](http://www.in.gov/itpc)

Prevent Cancer Foundation  
[www.preventcancer.org](http://www.preventcancer.org)

National Black Leadership Initiative on Cancer  
[www.nblic.org](http://www.nblic.org)

Smokefree Air  
[www.smokefree.gov](http://www.smokefree.gov)

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## ACS PUBLICATIONS ORDERING PROCESS

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**For more information contact:**

The American Cancer Society  
1-800-ACS-2345

## CDC PUBLICATIONS ORDERING PROCESS

**Publications ordering available online:**

<http://wwwn.cdc.gov/pubs/dcpc1.aspx>

**For more information contact:**

Centers for Disease  
Control and Prevention  
Division of Cancer  
Prevention and Control  
4770 Buford Hwy, NE  
MS K-64  
Atlanta, GA 30341-3717

**Call:** 1 (800) CDC-INFO

**TTY:** 1 (888) 232-6348

**FAX:** (770) 488-4760

## SUSAN G. KOMEN FOR THE CURE PUBLICATIONS ORDERING PROCESS

**Publications ordering available online:**

<http://ww3.komen.org/promiseshop/category.aspx?categoryID=15>

**For more information contact:**

Susan G. Komen for the Cure  
5005 LBJ Freeway  
Suite 250  
Dallas, TX 75244  
Tel: 877 GO KOMEN (1-877-465-6636)

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Indiana Office: 317-638-2873

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