

Health Bulletin



Simple Steps May Improve Certain Cancer Risk Factors

(NAPSA)—According to the results of a National Cancer Awareness Survey, 60 percent of Americans are concerned they might be at risk for cancer. For those who expressed concern about their risk, breast cancer topped the list as most troubling (32 percent), followed by prostate cancer (28 percent).

Seventy-one percent of those polled say they generally believe that healthy living can help reduce the risk of cancer. However, less than one-third of those polled attributed their personal cancer risk to their own unhealthy lifestyle behaviors such as poor nutrition, lack of exercise and weight gain.

“In theory, people know that lifestyle choices have an impact on their health. But in practice, it’s often difficult for individuals to change unhealthy habits. One way to begin a healthier lifestyle is to start with simple behavior changes like eating a balanced diet and taking a complete multivitamin daily,” said Mary Lee Chin, MS, RD.

Emerging research suggests that some nutrients may reduce the risk of certain cancers. Health experts recommend that people take a multivitamin that fits their individual needs, such as One-A-Day® Women’s with more Vitamin D to support breast health or One-A-Day® Men’s Health Formula

National Cancer Awareness Survey

- Less than one-third of those polled attributed their personal cancer risk to their own unhealthy lifestyle behaviors such as poor nutrition, lack of exercise and weight gain.
- For those who expressed concern about their risk for cancer, breast cancer topped the list as most troubling (32 percent), followed by prostate cancer (28 percent) and lung cancer (26 percent).
- The majority of survey respondents (71 percent) believe healthy living can help reduce their risk of cancer.
- Less than 50 percent (46 percent) take a daily multivitamin. Of those who are not taking a multivitamin, 73 percent said that they would add a multivitamin to their daily regimen if they knew it would help address their cancer concerns.

Source: Bayer Consumer Care



with lycopene and selenium to support prostate health.

The survey was commissioned by Bayer Consumer Care as an educational effort and in support of The Lance Armstrong Foundation and The Breast Cancer Research Foundation in their efforts against cancer. To learn more about multivitamins and the risk factors associated with cancer, visit the Web site at www.oneaday.com.