

Medical Edge Radio from Mayo Clinic

Cancer Epidemiology

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	NOBODY WANTS TO HEAR THE WORDS "YOU HAVE CANCER." BUT WHAT WOULD YOU SAY IS THE BIGGEST CONTRIBUTOR TO YOUR RISK OF CANCER? GENETICS? TOXINS IN THE ENVIRONMENT?
James Cerhan, M.D. Track 1 (:53)	"EVIDENCE IS REALLY ACCUMULATING THAT THE BIGGEST IMPACT ON CANCER RISK IS LIFESTYLE."
	DR. JAMES CERHAN IS AN EPIDEMIOLOGIST AT MAYO CLINIC. HE POINTS TO SMOKING, OBESITY, PHYSICAL ACTIVITY, DIET AND ALCOHOL USE AS KEY FACTORS.

<p>Dr. Cerhan Track 1 (2:39)</p>	<p>“THE IMPORTANT THING IS THOSE ARE MODIFIABLE FACTORS. WE CAN’T DO MUCH ABOUT GENETICS, BUT WE CAN CHANGE OUR DIET, WE CAN START TO GET PHYSICALLY ACTIVE, WE CAN CONTROL OUR WEIGHT”</p>
	<p>THERE IS NO MAGIC BULLET TO PREVENT CANCER, BUT DR. CERHAN SAYS FOLLOWING SOME COMMON SENSE GUIDELINES - LIKE EATING RIGHT, WATCHING YOUR WEIGHT EXERCISING AND NOT SMOKING - YOU CAN HAVE A SUBSTANTIAL IMPACT ON YOUR CANCER RISK.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.</p>

