Cancer is the LEADING CAUSE of death in Hispanics. 1 in 3 Hispanic men and 1 in 3 Hispanic women will be diagnosed with cancer in their lifetime.

OBESITY: When a person has an unhealthy amount and/or distribution of body fat.

Higher amounts of body fat = increased risks of cancers, including:
- Kidney cancer
- Colorectal cancer
- Advanced prostate cancer
- Post-menopausal breast cancer
- Liver cancer
- Pancreatic cancer

Source: American Institute for Cancer Research
Graphics: Vecteezy
**CANCER MYTHS**

**Myth**

“It doesn’t matter what I do. If I’m going to get cancer, I’ll get it no matter what.”

**FACT**

Some cancers may be preventable by:

- Eating a healthy diet, exercising regularly, avoiding tobacco, getting recommended screenings.

**Myth**

“If I don't have a family history of cancer, then I don't need to worry about ever getting it.”

**FACT**

About 1 in 20 cases of cancer are passed down by family. More than 80% of breast cancer cases aren’t related to family history.

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**HEALTHY RECIPE: TURKEY TACO LETTUCE WRAPS**

**INGREDIENTS:**

- 1 Tbsp. olive oil
- 3/4 cup chopped yellow onion
- 1 lb. lean ground turkey
- 2 cloves garlic
- 2 Tbsp. chili powder
- 1 tsp ground cumin
- 1/2 tsp paprika
- 1/2 cup low-sodium chicken broth
- Pinch of salt and pepper
- Iceberg or Romaine lettuce leaves (doubled up, for serving)

*Optional toppings: shredded low-fat cheese, diced Roma tomatoes, diced red onion, diced avocado, chopped cilantro*

**PREPARATION:**

1. Add all ingredients into a blender and blend well
2. Heat a large skillet over medium heat and grease with cooking spray.
3. Pour batter onto skillet to make pancakes of desired size (smaller work better). When the edges begin to brown, carefully flip pancake and cook the other side.
4. Serve warm with fruit, yogurts, peanut butter or other desired condiments.

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**REDUCE YOUR CANCER RISK**

Nearly 50% of the most common cancers can be prevented by doing the following:

- **Eat well**
- **Stay lean**
- **Protect your skin**
- **Get vaccinated**
- **Don't smoke**

The choices we make every day affect our chances of getting cancer.

Source: American Institute for Cancer Research

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On February 2016, 28-year-old Karen Cuellar was diagnosed with stage three triple-negative breast cancer. Eight rounds of chemotherapy, 28 rounds of radiation, and a double mastectomy later Karen was cancer free.

However, that only lasted five months. Her cancer returned.

Karen is now taking a more natural approach at fighting her cancer. It includes taking natural supplements and vitamins, change of diet and plenty of exercise.

“Taking care of yourself, going to the gym and eating right is good for anyone. I think our health is something we all take for granted until something like this happens.”

Having cancer can affect a person not only physically, but emotionally as well. Karen’s outlet has always been through exercise and that’s still the case.

“Just knowing that I could go to the gym and be physically active even though I’m sick made me feel good about myself.”

Her battle is definitely not over, but she continues to fight with her family in mind.

“You just have to keep pushing and fighting and hold on to your loved ones. They want you here and you have to fight not just for yourself, but for them.”

"I think our health is something we all take for granted until something like this happens."