

Mayo Clinic Minute

5 cancer prevention strategies

VIDEO	AUDIO
	When asked about the greatest challenges in health care, participants in Mayo Clinic's National Health Check-Up put cancer at the top of the list.
Title: JOHN WALD, M.D. MEDICAL DIRECTOR FOR PUBLIC AFFAIRS Mayo Clinic	For someone that's listed cancer as the number one concern, I would say we are making great inroads into cancer treatment and prevention.
	Dr. John Wald is medical director for Public Affairs at Mayo Clinic. He points to breast cancer treatment as one example of the strides being made.
	If you look at the overall survival rates for all forms of breast cancer, that survival rate is now greater than 90 percent.
	As researchers continue their investigations, Dr. Wald says there are things you can do to improve your personal odds against cancer. First ...
	... get screened.
	Whether that's for prostate cancer or breast cancer. We, as Americans, have to be screened. And, then, there are the other things that we can do.
Graphic: Don't smoke	At the top of that list: Don't smoke.
Graphic: Eat a balanced diet	Eat a balanced diet.
Graphic: Exercise regularly	Exercise regularly.
Graphic: Discuss vaccine options	And ask your doctor about any available cancer prevention vaccines.
Graphic: newsnetwork.mayoclinic.org	For the Mayo Clinic News Network, I'm Jeff Olsen.

