

Mayo Clinic Minute

Preventing cancer with lifestyle changes

Video	Audio
	Don't smoke, avoid too much sun, eat a healthy diet and get moving – all ways to reduce the risk of cancer.
	Dr. Timothy Moynihan is an oncologist at Mayo Clinic. He says lifestyle choices can affect our risk of cancer.
Timothy Moynihan, M.D. Oncology Mayo Clinic	"It looks like somewhere between 45 and 50 percent of cancer deaths are due to factors that are potentially modifiable."
	Lung cancer due to smoking tops the list.
	"We also know that use of alcohol, especially heavy use of alcohol, when you combine it with other things such as smoking, clearly increases the risk of things like head and neck cancer, esophageal cancer, other types of cancer, more so than does just smoking by itself."
	Dr. Moynihan says being up to date on vaccinations is important, too.
	"Cervical cancer, anal cancer, liver cancer are all associated with various forms of infection, and we know we can have a dramatic effect on several of these by getting your routine immunizations at the right time."
	For the Mayo Clinic News Network, I'm Vivien Williams.