

Mayo Clinic Minute: Preventing cancer for future generations of Black families

Intro:

The statistics are staggering. Black people are more likely to die from cancer than other racial and ethnic groups. According to the [Centers for Disease and Prevention](#), African Americans have the highest death rate from cancer overall.

National Black Family Cancer Awareness Week is June 15-21. Dr. Kim Barbel Johnson, a Mayo Clinic family medicine physician with the [Mayo Clinic Comprehensive Cancer Center](#), discusses ways to reduce cancer risks in the Black community.

Video	Audio
	Black people are more likely to die from prostate, lung and breast cancer than other races. Dr. Kim Barbel Johnson says there are many contributing factors, including genetics, habits and other mitigating circumstances.
Kim Barbel Johnson, D.O. Family Medicine Mayo Clinic	"It has a lot to do with the structural racism that has created the environment, not only for access but for prioritizing and evolving treatments."
	The family medicine physician says regular cancer screenings are key to increasing survival rates.
	"It's important that we prioritize those things where we're seeing the incidence and the death rates are highest in these populations to be screened for those conditions."
	Knowing your family history, regular exercise and eating a healthy diet are crucial to cutting cancer risks.
	"Decrease things like red meat, increase things like vegetables within our diet, decrease the amounts of sugar and artificial sweeteners."
	Dr. Barbel Johnson also recommends stopping tobacco use and getting adequate sleep. For the Mayo Clinic News Network, I'm Sonya Goins.
