



PATTONVILLE SCHOOL DISTRICT NEWSLETTER

NUTRITION

Linking Diet to Cancer Risk

What we choose to consume on a daily basis plays a part in increasing or decreasing the risk of cancer. There are many myths about what foods reduce cancer risk. In the article by the American Cancer Society, "[Common Questions About Diet, Activity, and Cancer Risk.](#)" they address common perceptions of food and their impact on cancer risk. Check out the article for more information.



PHYSICAL

Reducing the Risk of Cancer in Children

Ways to reduce the risk of children developing cancer later in life include:

- Exercise
- Eating Healthy
- Protect against the sun
- Do not smoke or use other forms of tobacco
- Stay away from alcohol and drugs
- Stay up to date on vaccinations



[Early Adults 8 ways to better health and lower risk of cancer](#)

[Reducing the risk of children developing cancer later in life](#)



EMOTIONAL/MENTAL HEALTH

Coping with Cancer

Coping with Cancer for Cancer Patients:

[Coping with Cancer for Cancer Patients](#)

Take steps to help protect your emotional well being and health while caring for a loved one with cancer:

[Caring for Someone with Cancer: A Caregiver's Guide to developing coping skills for coping and caring.](#)



RESOURCES

Care ATC

Scan the QR codes below for to view preventative care flyers provided by Care ATC!



MINDFULNESS

Free Way to Reduce Stress and Boost Immune System

Research shows that stress influences negative changes in the immune system. Our body's stress is severely connected to what type of immune cells are produced, where they go in the body and how they function. Some of the strongest stressors are those of social nature, loneliness being the top of the list.



By [practicing mindfulness](#), being in the present moment with curiosity and leaving out judgment, we become more aware of ourselves. In turn, understanding the way our body and mind are connected.

Mindfulness supports healthy choices such as eating, breathing, moving, grounding, etc. Mindfulness can make us feel less stressed and more focused on each task we do. Less stress equals a better immune system. A strong immune system promotes a healthier lifestyle, which is great news for those of us who would like to lower our cancer risk.

