

# CANCER SURVIVORS' 8 WAYS

to stay healthy after cancer

Millions of cancer survivors are not only living longer but they're also learning to live better. And one of the best paths to doing that is to take steps to take control of your health. These 8 "ways" can be your guide that helps lay the foundation for the many health-filled years that most survivors enjoy.

- 1** Don't Smoke  

- 2** Avoid Secondhand Smoke
- 3** Exercise Regularly  

- 4** Maintain a Healthy Weight  

- 5** Eat a Healthy Diet  

- 6** Drink Alcohol in Moderation, If at All
- 7** Stay Connected with Friends, Family, & Other Survivors
- 8** Get Screening Tests & Go to Your Regular Check-Ups  


## MORE INFORMATION?

- Visit, [8Ways.wustl.edu](http://8Ways.wustl.edu)
- Read the blog, [cancernewsincontext.com](http://cancernewsincontext.com)

