

## **Magna's Fight to Prevent Cancer**

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The Magna community is about to get a boost in the fight against cancer. A partnership of Healthy Magna, the Magna Fitness & Recreation Center, and Utah Partners for Health, combined with a grant funded by the Regence BlueCross BlueShield Foundation is targeting cancer prevention.

The main things you can do to prevent cancer are eat properly, get enough exercise, and don't smoke. "Magna residents unfortunately are above the state average for obesity," stated Kurt Micka, Executive Director for Utah Partners for Health. Micka continued: "Working on reducing your BMI (Body Mass Index) can greatly improve your chances of encountering cancer." If you smoke, you can get immediate help by calling the Quit Line at 1-888-567-Truth or by going online at [www.utahquitnet.com](http://www.utahquitnet.com). Utah Partners for Health will also provide access to a free doctor's visit by calling 801-250-9638 x 131.

Skin cancer prevention is a concern with the number of adults reporting sunburns in the past twelve months, but the good news is that more adults use measures to protect their skin. Breast and cervical cancer are still very high for the Magna area in comparison with other small areas in Utah. Early detection is the best prevention. Women need to learn about how to conduct breast self-exams and see their doctor annually. For free shower reminder cards, call 801-250-9638 x 131.

For Magna men, if you are age 49 or over, see your doctor to have a simple exam to test for prostate cancer. For everyone over 50, a colonoscopy will help detect future problems related to colon cancer.

The main points for Magna's residents: get proactive with your health and get yourself checked regularly. As the saying goes, "An ounce of prevention is worth a pound of cure."