Although Southeast Asians have high rates of certain cancers (liver, lung and cervical), it is important to know that these cancers can be preventable and treatable especially when they are detected early.

Along with your traditional health practices, we encourage you to consider the following lifestyle choices:

❖ **Diet:** Eat moderately. A traditional Cambodian meal may include rice, vegetables, fish, chicken, tofu, and fruit.

❖ **Exercise:** It is important to do moderate exercise daily such as working in the garden, walking, or jogging.

❖ **Relaxation:** In addition to your daily activities, it is also important to find time to relax your body and mind.

❖ **Smoking:** Many diseases can be prevented by eliminating smoking from your lifestyle. If you smoke, try to quit.

In addition, we encourage you to discuss your potential health risks and the appropriate screenings with your health care provider:

❖ **Women aged 40 and over should have a mammogram and clinical breast exam by a health care professional every year.**

❖ **Women who have reached age 18 or have been sexually active should have a Pap test every year (unless their doctor tells them they need the test less often).**

❖ **Men and women age 50 and older should be screened for colorectal cancer; screening for colorectal cancer may include fecal occult blood testing every year and sigmoidoscopy every five years, or colonoscopy every 10 years.**

❖ **Men aged 50 and older should discuss prostate cancer screening with their doctor to see if it is right for them.**