Cancer.Net Resources

A Healthier New Year: Cancer Prevention Information for Your Patients

The beginning of a new year is a time when your patients review cancer prevention and risk reduction strategies as part of a focus on creating a healthy lifestyle. Cancer.Net (www.cancer.net), the American Society of Clinical Oncology's (ASCO) patient information Web site, has a wide range of information on the best strategies for lifestyle changes that can prevent or lower cancer risks, including the risk of second cancers.

Cancer.Net's Prevention section (www.cancer.net/prevention), adapted from ASCO's Cancer Prevention Curriculum, offers people undergoing cancer treatment and cancer survivors information on diet and nutrition, weight control, physical activity, chemoprevention, and tobacco use. This section discusses cancer prevention and screening strategies for the general population. In addition, comprehensive, peer-reviewed guides on more than 120 types of cancer and cancer-related syndromes are available at www.cancer.net/cancer. Each guide contains information on prevention and screening information specific to the type of cancer. Patients who are newly diagnosed can read about how a cancer diagnosis can be used to talk to their families about cancer prevention and the importance of cancer screening in the interview with Carolyn Aldigé of the Prevent Cancer Foundation, *Educating Family Members About Cancer Prevention and Screening*, at www.cancer.net/features.

Additional prevention content for your patients is available on Cancer.Net on the following topics.

Free Materials From Cancer.Net

Cancer.Net brings the expertise and resources of ASCO, the voice of the world's cancer physicians, to people living with cancer and those who care for and care about them. All the information and content on Cancer.Net was developed and approved by the cancer physicians who are members of ASCO, making Cancer.Net the most up-to-date and trusted resource for cancer information on the Internet. This content is available publicly both in print and online to provide trusted, authoritative information for people living with cancer, their caregivers, and loved ones.

Order free booklets, fact sheets, and promotional materials to help you direct your patients to Cancer.Net. These printed materials include:

- Cancer.Net Guides to Cancer
- ASCO Answers fact sheets
- Cancer.Net referral cards
- Cancer.Net leaflets
- Cancer information prescription pads
- Cancer.Net posters

To order, contact the ASCO Communications and Patient Information Department at 888-651-3038, or contactus@cancer.net.

Tobacco Use

Cancer.Net provides information on the health effects of smoking, debunks several common myths about quitting smoking, and explains smoking cessation methods in the Prevention section. This portion of the Prevention section is also available in Spanish at www.cancer.net/spanish and as a podcast at www.cancer.net/podcasts.

In addition, the following articles provide more information on quitting smoking and preventing tobacco use by children and teens.

- *World Cancer Day 2008*, interview with Paul A. Bunn, Jr, MD
- *Give Your Kids a Smoke-Free Childhood*
- *Resources to Help You Quit Smoking*
- *Best Defense Against Cancer: Preventing Tobacco Use by Children and Teens*

These articles and more than 150 others are available at www.cancer.net/features.

Weight Control

Patients can learn about the risks of weight gain after a cancer diagnosis and read weight management recommendations; more information about the cancer risks associated with obesity is available in the article *Obesity and Cancer* at www.cancer.net/features.

Physical Activity

This section helps patients learn about how physical activity lowers the risk of cancer, including suggestions and tips for people undergoing cancer treatment and cancer survivors. The article *Physical Activity and Cancer* at www.cancer.net/features has additional information on this topic.

Diet and Nutrition

Because patients often have many questions about the role of diet and nutrition, Cancer.Net offers information on vitamins and minerals; dietary fat and fiber; soy, lycopene, and other plant-based food components; the link between alcohol and cancer; general nutrition recommendations; and nutrition recommendations during and after cancer treatment. In addition, the following articles can help your patients learn more about healthy eating and the link between diet and cancer risk.

- *Grocery Shopping Made Easier*
- *Nutrition and Cooking Resources for People Living With Cancer*
- *Diet and Cancer Risk: Sorting Fact From Fiction*

These articles are available at www.cancer.net/features.

Cancer Screening

This section provides information on the benefits and risks of cancer screening and explains common screening tests. For more detailed information on screening tests, each article in Cancer.Net's *What to Expect* series provides a description of a specific test and explains how to prepare for it. The following topics are a sample of what's available:

- *Pap Test*
- *Mammography*
- *Digital Rectal Exam*
- *Colonoscopy*
- *Sigmoidoscopy*

To read these articles and others in the *What to Expect* series, direct your patients to www.cancer.net/features.

Chemoprevention

Information on how chemoprevention can slow the development of cancer is available in this section. The article *Chemoprevention: Using Drugs to Reduce the Risk of Cancer* at www.cancer.net/features, has more information on this topic.

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American Society of Clinical Oncology