

## TIC TAC RISK

### For Cancer

Once you have completed your health maintenance assessments, play the Tic Tac Risk game. For every risk factor you have, place an "X" in the box over the risk factor. Three "Xs" in a row, places you at a greater risk for developing the disease. If you find yourself at risk for this disease, or you presently have the disease, look below for the health action you can take to reduce your risk for the disease or to preserve function and quality of life.

Endometrial or Ovarian Cancer	Diet High in Fat Low in Fiber	White Middle-Upper Socio-economic Status
Smoker/Passive Smoke	Family History	Carcinogenic, Industrial & Air Pollutants
Physical Inactivity	Other Diseases of Digestive Tract	History of Menses
*NOTE: X = Breast I = Colorectal O = Lung		

Decrease your risks with management & prevention:

- Exercise
- Diet High in Fiber
- Reduce Fat Intake
- No Smoking
- Maintain Healthy Weight
- Limit Alcohol Intake
- Eat Fruits & Vegetables
- Avoid Smoke & Pollutants

The Northeastern Region of the American Heart Association supports FitScript™ as a means of health promotion among senior, child, and adult populations.



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