

#BlackFamCan • June 15th - 21st, 2023

# NATIONAL BLACK FAMILY CANCER AWARENESS WEEK

Black Americans have higher cancer burdens than other race/ethnicities. Here are 5 tips to raise awareness and protect our families! For more information on cancer screenings check out the American Cancer Society at : <https://tinyurl.com/mr35v4y8>

01

## Avoid tobacco & limit alcohol intake

Using tobacco and drinking alcohol can increase our risk of getting different types of cancer (ex. lung, throat, liver, stomach, and colorectal cancers)

02

## Schedule & complete recommended cancer screenings

03

## Discuss your family's cancer history

A family history of cancer increases our own risk. Having these conversations can help increase awareness and encourage screenings

04

## Eating healthy

Limit or reduce consuming processed meat (ex. deli meat, hot dogs, etc.), red meat, and sugary drinks (ex. soda, fruit & sport drinks, energy drinks, sweetened waters, & coffee and tea with added sugars)

05

## Participate in cancer clinical trials

Diversity in clinical trials is crucial and can lead to more relevant treatments and recommendations for minority patients

Join the FDA Oncology Center of Excellence for a free public panel discussion supporting the 3rd Annual National Black Family Cancer Awareness Week:

June 15  
2:30-4pm ET



Scan the QR code to register for: Conversation on Cancer: National Black Family Cancer Awareness Week-Engaging the Generations