



EAP NAVIGATOR

February 2018

5 Healthy Habits that Can Help Prolong Your Life:

1. **Not smoking.**

Cigarette smoking is the leading preventable cause of lung cancer and heart disease.

2. **Drinking alcohol moderately, if at all.**

Heavy use of alcohol increases your risk for liver disease and heart failure.

3. **Scheduling regular medical checkups.**

Many potentially fatal illnesses, including breast cancer, colon cancer and heart disease, can be treated effectively if diagnosed early.

4. **Wearing sunscreen.**

Use an SPF 15+ sunscreen on exposed skin year-round if you are outdoors. Basal cell carcinoma, the most common skin cancer, strikes 1 in 8 Americans.



5. **Controlling stress.**

Stress can contribute to heart disease and other health problems. To help ease your stress, engage in activities that promote relaxation such as mediation and yoga, or talk with a counselor.

Contact your **EAP** for more information on how to incorporate more healthy habits into your life.

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Connect with us



Cascade Centers

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