

The Cancer Talk

Crib Notes

Welcome to your fully loaded info package, designed to educate & enlighten you so that you can have a potentially life-saving conversation about early detection.

Before you start, make sure you have their full attention. Turn off the TV, feed the dog, and put away the Shake Weight. You'll want to let them know that this is an important conversation, and one you're having because you care about them.

• Family History •

It's so important to talk to your parents about where the cancer exists in your family because it helps you know what to be on the look-out for. You can also check out our [Cancer Cheat Sheets](#) to learn more about the cancers specific to your family.

If anything stands out, be sure they've let their doctor know. It may change the age they need to start getting certain tests.

Has anyone in our family had cancer?

How old were they when they got it?

What kinds of cancer are in our family history?

• Diagnostics •

Make sure the ones you love are on top of their diagnostic tests each and every year.

Need help knowing what tests to ask about? Check out our [website](#) for a [handy guide](#).

Do you go for an annual checkup?

Have you know which cancer diagnostics you should be getting each year?

Have you talked to your doctor about how your family history and lifestyle affects these diagnostics?

• Environmental Risks •

They say you can't choose your family or genetics, but you can sure as hell choose a lifestyle that decreases your cancer risk factors.

Take a read through the questions below and use the ones that fit your loved one.

What's for dinner tonight? Any leafy greens? Cutting down on meat can lower your colon cancer risk.

Quitting smoking reduces your risk for a whole bunch of cancers, especially lung. What's the holdup?

Did you know hitting the gym and losing weight reduces your cancer risk?

• Early Warning Signs •

Now that you know which cancers your parents are at a higher risk for, its time to look into their earliest warning signs. The point is to know what's normal, what's strange, and what's worth a trip to the doctor. Our [Cancer Cheat Sheets](#) are a great place to start.

Do you know what signs or symptoms you should be on the lookout for?

Have you noticed anything "off" about your body, lately?