



*Making one small change towards a healthy lifestyle is better than no change at all. It's never too late to start!*

### Heart Disease Prevention ABCs



**Avoid tobacco**

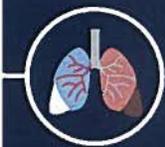
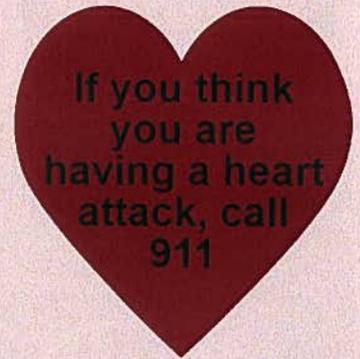
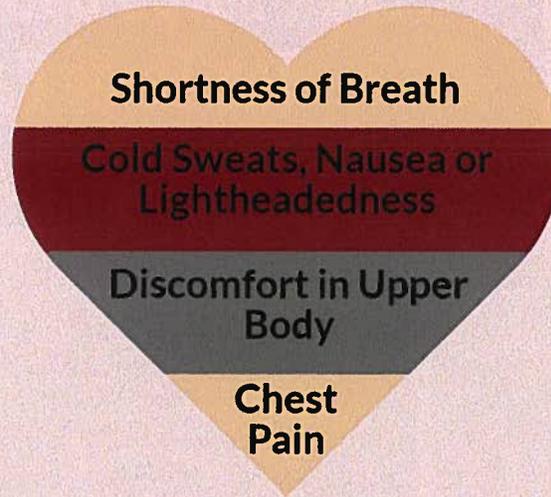


**Become more active**



**Choose good nutrition**

### Common Warning Signs of a Heart Attack



*Many cancer deaths could be prevented by early detection.*

### Recommended Cancer Screenings for Women



Pap Smear every 3 years (if normal) for ages 24-64\*

Mammogram every 2 years (if normal) for ages 52-64\*

Colonoscopy every 10 years (if normal) for ages 50-75\*

### Recommended Cancer Screenings for Men



Colonoscopy every 10 years (if normal) for ages 50-75\*

Prostate exam every year for ages 50 and older according to the American Cancer Society

\*According to 2016 Indian Health Service Government Performance and Results Act Logic



*Kidney disease often has no symptoms until it is very advanced. A simple urine test can tell you if you have kidney disease.*

### Prevention Tips

1. Don't smoke
2. Lower salt in your diet
3. Exercise
4. Avoid alcohol

### Major Risk Factors Include

1. Diabetes
2. High blood pressure
3. Heart disease
4. Family history of kidney disease