

Health Topic Emails

CANCER

How to use this email:

Copy and paste this content into an email to empower your employees to learn about cancer risk, prevention, screening, and care with these helpful resources and tools.

Subject Line

Learn about cancer risk, prevention, screening, and care

Headline

Lower your cancer risk

Body

Whether you're caring for a loved one or fighting your own battle, cancer can affect us all. That's why it's important to learn about cancer risk, prevention, screening, and care.

Here are some tips and resources that can help:

- **Reduce your risk** by maintaining a healthy weight, eating right, and staying active. Also try to avoid tobacco, limit the amount of alcohol you drink, and protect your skin in the sun.
- **Find out about common cancers**, including colorectal, cervical, blood, prostate, breast, and lung.
- [Use this helpful tool](#) to see recommended screenings based on your health history.¹ Access tips, information, and resources about prevention, diagnosis, treatment, and recovery.

With evidence-based treatment and comprehensive care, Kaiser Permanente helps members live longer, healthier lives. [Check out these helpful resources](#) to learn more.

Footnotes

¹The online screening tool and chart above are for educational use only. They're not intended or designed as substitutes for the reasonable exercise of independent clinical judgment by practitioners, considering each patient's needs on an individual basis. Guideline recommendations apply to populations of patients. Clinical judgment is necessary to design treatment plans for individual patients.