



Health & Wellness News



How You Can Help Combat Cancer And Support Research

(NAPSA)—While the U.S. Centers for Disease Control and Prevention estimates that one in three people will develop cancer in his or her lifetime, the good news is that there are many ways to reduce your risk and help others—from looking after yourself to sending e-cards. Here's a look at a few ideas:

What You Can Do

1. Screening can catch precancerous lesions so they can be treated before they can become cancerous.
2. Avoiding tobacco
3. Limiting alcohol use
4. Avoiding excessive exposure to ultraviolet rays from the sun and tanning beds
5. Eating a diet rich in fruits and vegetables
6. Maintaining a healthy weight
7. Being physically active
8. Helping an organization that supports cancer research. For example, there's one, The Gateway for Cancer Research, that sees to it that 99 cents of every dollar it receives from donations goes to funding research into better treatments—and cures—for cancer.



Send e-cards free of charge from demandcurestoday.org

Unlike other charitable organizations, it does not hold funds in reserve but uses donations received to fund research into treatment innovation.

Help Is In The Cards

A meaningful way to help can be by sending one—or more—of its e-cards, benefiting cancer research, now offered free of charge at www.demandcurestoday.org.

The Gateway e-cards are not limited to those undergoing cancer treatment. A variety of themes and sentiments are available to be e-mailed to friends and family to honor a special day, celebrate an occasion or just to let the recipients

know you are thinking of them.

The selection includes sentiments such as “This is why you rock,” “This is why I believe,” “This is why I love you,” “This is why I’m lucky” and “This is why I have faith.” The sender can add a personal touch, then enter a loved one’s or friend’s e-mail address and send the card.

An optional donation feature lets the card giver make a donation to support cancer research during the card selection process.

The charity is dedicated to changing how cancer research is done, by funding bold ideas, led by treatment innovators focused on finding cures for cancer now. As its tagline “Demand Cures Today” says, The Gateway for Cancer Research funds research to make promising new treatments available to cancer patients more quickly. It has funded more than 70 cancer research studies with the aim of helping cancer patients live longer, feel better and be cured today.

More Information

To learn more, visit www.demandcurestoday.org, follow The Gateway on [Twitter@Gatewaycr](https://twitter.com/Gatewaycr) and [Facebook.com/GatewayCancerResearch](https://www.facebook.com/GatewayCancerResearch) or call (888) 221-2873.