I wish to make a gift to help reduce the burden of cancer in Oklahoma

Gift Amount $ _____

Please make checks payable to OU FOUNDATION

Charge My Credit Card

☐ AmEx ☐ Discover ☐ MasterCard ☐ Visa

Name on Card _____

Card Number

☐☐☐☐ ☐☐☐☐ ☐☐☐☐ ☐☐☐☐

Expiration Date _____

Signature _____

Name _____

Address _____

City _____ State _____ ZIP _____

E-mail _____

Home Phone (____) _____ Cell Phone (____) _____

I am a: ☐cancer patient ☐cancer survivor ☐family member of a cancer patient

☐OU grad (year _____) ☐I wish to be a Cancer Center volunteer

RETURN TO: Peggy and Charles Stephenson Oklahoma Cancer Center, PO Box 26901, 800 NE 10th Street, 6th Floor, Oklahoma City, OK 73126-0901

MAKE AN ON-LINE GIFT AT www.OklahomaCancerCenter.org

For Office Use Only: $_____ 50652 980 C

The **Peggy and Charles Stephenson Oklahoma Cancer Center** is Oklahoma's only comprehensive academic cancer center. It's mission is to raise the standard of cancer care in Oklahoma through research, education and community outreach.

Currently, Cancer Center members are conducting more than 100 cancer research projects supported by more than $20 million in annual funding from sponsors like the National Institutes of Health, the National Cancer Institute and the American Cancer Society.

Last year, there were more than 60,000 patient visits to the Cancer Center or its affiliated programs at OU Medical Center and the Children's Hospital at OU Medical Center. In July 2011, the Peggy and Charles Stephenson Oklahoma Cancer Center moved into a state-of-the-art, 210,000-square-foot facility in Oklahoma City.

Peggy and Charles Stephenson
OKLAHOMA CANCER CENTER

PO Box 26901, 800 NE 10th Street, 6th Floor
Oklahoma City, OK 73126-0901
(405) 271-6822 www.OklahomaCancerCenter.org

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Peggy and Charles Stephenson
OKLAHOMA CANCER CENTER

Living Cancer-Free!

THE UNIVERSITY OF OKLAHOMA
HEALTH SCIENCES CENTER

Peggy and Charles Stephenson
OKLAHOMA CANCER CENTER

Cancer in Oklahoma

By the numbers

▪ One in two men and one in three women will be diagnosed with cancer in Oklahoma.

▪ That's 18,000 new cases of cancer in our state each year.

▪ About 7,500 Oklahomans die of cancer each year.

Youth and risky behavior

▪ One in five high school students smokes.

▪ One in four high school boys uses smokeless tobacco.

Cancer Prevention

According to experts at the Peggy and Charles Stephenson Oklahoma Cancer Center, you can reduce the odds that you will be diagnosed with cancer if you exercise regularly, eat a healthy diet and eliminate tobacco use.

Exercise

▪ Studies show that increased physical activity reduces the risk of cancers of the colon, breast, lung, prostate and endometrium.

▪ Moderate to vigorous activity 30 minutes a day most days of the week is recommended.

▪ Get a walking buddy — human or animal — and don't let them down.

▪ If you have trouble getting started, try parking farther away from the building, taking the stairs when possible or get moving during TV commercials.

Diet

▪ Focus your diet on *adding* healthy items rather than *eliminating* unhealthy items. Try new foods rich in fiber and that are not processed.

▪ A healthy diet should be colorful — fruits and vegetables with vibrant and deep colors are always good choices.

▪ Only about one-fourth of your plate should be covered by meat, with the rest in fruits, vegetables and grains.

▪ If fresh fruits and vegetables are not available, frozen are typically almost as good for you.

▪ Supplements are not a good replacement for a healthy diet. Fruits, vegetables and grains contain not only minerals and vitamins but also other components that your body needs to stay fit and healthy.

Tobacco

▪ In addition to lung cancer, smoking increases the risk of many other types of cancer, including cancers of the throat, mouth, pancreas, kidney, bladder and cervix.

▪ Cigarette smoking is the No. 1 cause of preventable deaths in the United States, resulting in about 438,000 deaths a year.

▪ Second-hand smoke kills about 38,000 people in the United States each year.

▪ You increase your odds of successfully quitting smoking ten-fold when you tell someone you are trying.

▪ Don't stop quitting — studies show that it takes most smokers seven or eight attempts to successfully stop.

▪ Smokeless tobacco users increase their chances of getting cancer of the lips, tongue, cheeks, and floor and roof of the mouth.

Tobacco Stops With Me

Call the Oklahoma Tobacco Helpline for help to stop using tobacco:

1 (800) QUIT-NOW (784-8669)
1 (800) 793-1552 (Spanish)