

MEMBER ENGAGEMENT

Member blog – Cancer

The following health and wellbeing blog has been prepared by TAL for use by partner superannuation funds for their members. It is available to use in white-label format for communications and is designed to provide information for members on positive ways to support their physical health.

-BLOG-

4 simple ways to help avoid cancer

[DURING JAN/FEB] World Cancer Day on 4th February is a great time for a refresh on the simple steps you can take to both help prevent cancer and get better health outcomes through early detection. If you'd like to know more, our life insurance partner [TAL](#), has provided some useful guidance on the steps you can take.

[ALL YEAR] Regardless of your age, there's some simple steps you can take to both help prevent cancer and get better outcomes through early detection. If you'd like to know more, our life insurance partner [TAL](#), has provided some useful guidance on the steps you can take.

1. Early detection and screening

Preventative check-ups or screenings can improve health outcomes by detecting cancer earlier. This can improve the chances of treatment and cure. Cancer screening saves lives and it's one of the most effective ways to detect early signs of cancer¹. National screening programs are available for eligible Australians to detect [breast cancer](#), [bowel cancer](#) and [cervical cancer](#). If you've received an invitation to undertake screening, make sure you take the test or book an appointment promptly.

2. Being sun safe

Preventing skin cancer can be as simple as protecting yourself from the sun, utilising the Cancer Council [Slip, Slop, Slap, Seek and Slide](#) approach whenever you're exposed to UV radiation. Checking your skin regularly for any new or changed spots is also important. [TAL SpotChecker](#) can help with guidance on self-checking your skin.

3. Healthy diet and exercise

Your risk of certain types of cancer can be increased through poor diet and exercise levels². The good news is you can help reduce your risk by ensuring you eat a balanced diet, limit alcohol, maintain physical activity and avoid weight gain.

4. Quitting smoking and vaping

Smoking is the largest preventable cause of cancer in Australia³. Although relatively new, the use of e-cigarettes is growing and studies increasingly show that they emit harmful substances. Quitting smoking and vaping is one of the best ways to reduce your risk of cancer.

1 Cancer Council, [Early detection and screening](#), 2024

2 Cancer Council, [Causes and prevention](#), 2024

3 Cancer Council, [Smoking](#), 2024