

Retiree Benefits News



Retiree Wellness Spotlight | Cancer Awareness and Prevention for Retirees

Staying informed

As we journey through retirement, prioritizing our health becomes more important than ever. One key area to focus on is **cancer awareness**. With most cancer diagnoses occurring in individuals over 60, understanding the risks, symptoms, and preventive measures is essential.

Why it matters

Cancer is a group of diseases that can affect nearly any part of the body. Early detection and healthy lifestyle choices can significantly improve outcomes. Awareness empowers us to take control of our health and seek timely care.

Common cancers in older adults

- [Breast cancer](#)
- [Prostate cancer](#)
- [Colorectal cancer](#)
- [Lung cancer](#)
- [Skin cancer](#)

Knowing the symptoms and getting regular screenings can help catch these early.

Prevention tips

- Stay active: Aim for regular movement – walking, swimming or yoga.
- Eat smart: Choose fruits, vegetables, lean proteins and whole grains
- Avoid tobacco and limit alcohol: These are major risk factors.
- Get screened: Talk to your doctor about age-appropriate screenings.
- Protect your skin: Use sunscreen and wear protective clothing outdoors.

Support and resources

- American Cancer Society: Offers education, support groups, and local resources.
- Medicare: Covers many cancer screenings and treatments.
- Local Senior Centers: Host wellness talks and peer support groups.

Awareness months to remember

- February: National Cancer prevention month
- October: Breast Cancer Awareness month

Use these months as reminders to schedule checkups, attend educational events or support cancer-related causes.

Your health, your power

Whether you're newly retired or well into your golden years, staying informed and proactive about cancer can lead to healthier, more fulfilling days ahead. Share this article with friends and loved ones—it could make a life-saving difference.