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Center for Integrative Oncology and Survivorship  
**What You Can Do to Stay Healthy**

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### Diet and Exercise

Research suggests that cancer survivors are less likely to have a recurrence if they ...

- Exercise
- Have a healthy diet

For more information, see the American Cancer Society guidelines on nutrition and activity at [cancer.org/healthy/](http://cancer.org/healthy/) index. You also can meet with a dietitian at the Center for Integrative Oncology and Survivorship (CIOS) at the Cancer Institute of Greenville Health System (GHS). Call (864) 455-1346.

### Preventive Health Care

Many cancer survivors do not get recommended follow-ups for general health maintenance. Please consider which of the following are appropriate for you:

- **Routine healthcare follow-ups.** Blood pressure and cholesterol checks and other regular checkups should continue with your primary care provider (“regular” doctor).
- **Vaccines.** It now is recommended that almost every adult get a flu shot. Also, adults ages 60-65 should consider the pneumonia and the shingles vaccine.
- **Bone health.** Cancer survivors should get at least 1,200 mg/day of calcium—preferably from your diet—and 800-1,000 IU/day of vitamin D for bone health. Ask your provider whether you should have a vitamin D level test and a DEXA (bone density scan). Recommendations vary based on risk factors.
- **Mammogram.** This test is recommended annually for women age 40 and above and sometimes earlier depending on family and personal history.

- **Cervical cancer screening.** Most women with an intact cervix and uterus should get regular Pap smears and pelvic exams.
- **Colon cancer screening.** Both men and women should start screening for colon cancer at age 50—some may need to do so sooner if they have a family history of colon cancer.
- **Smoking cessation.** No one should smoke! If you smoke and want to quit, services and medications to help are available:
  - The Tobacco Quit Line offers materials and coaching: 1-800-QUIT-NOW (784-8669).
  - GHS offers QuitWell, a smoking cessation program that includes support groups: (864) 455-WELL (9355).
  - CIOS offers the Quit Smart program with a certified nurse practitioner that includes smoking cessation visits: (864) 455-5219.

We recommend that cancer survivors see a primary care provider (“regular” doctor) to help address non-cancer issues. If you have questions or need a referral for any of the above services, please call (864) 455-1346.