

# "GET CHECKED NOW!" PREVENTION PROGRAM: EDUCATION & CLINICAL RESOURCES



Since 2017, Bard Cancer Diagnostics and the NY Cancer Resource Alliance has been working with public organizations under a joint task force called **"GET CHECKED NOW!"**- a 2-part effort combining Cancer Prevention and Early Detection . We offer a public educational effort to raise cancer awareness and the many treatment options available. Also, our public health task force carries a second program supporting Early Detection through the current advantages of high-end, non-invasive and affordable cancer imaging technologies.

As caregivers, we are committed to raising public awareness with the united message of maintaining "a proactive lifestyle to keep cancer away". Our professional speakers and experienced cancer educators are ready to work with your organization to conduct presentations covering topics such as Wellness and Prevention. They underscore the importance of intelligent research to form a confident treatment strategy for anyone diagnosed with this disease. The "Get Checked Now!" awareness program offers a wide list of highly useful materials designed to shed light to some of the most common questions and covers the most useful topics including "how to stay in remission once cancer has been removed".



Our crusade to deliver cancer education is followed by the actual means of "Getting Checked Now!" With the support of local imaging partners, we wish to help bring real-time and accurate monitoring to your community and all its members. Dr. Robert Bard, a globally-renowned digital imaging expert is the medical director and chief designer of the SCREENING AND MONITORING program. He earned major recognition for his life's work from some of the top cancer centers in the NYC for his use of advanced digital cancer scanning innovations. Together, **"GET CHECKED NOW!"** was formed to reach the community from falling prey to cancer due to poor health and nutrition, a lack of understanding about preventative measures and constant exposure to the many possible stresses that lead to illness.

We proudly offer our entire Cancer Awareness and Screening plan to all the major organizations and community groups including their employees and its respective partners. We are prepared to develop group presentations that suit your specific venue and are ready to partner with your leadership to make Prevention and an Early Detection regimen a reality for your many members.

**PREVENTION & HEALTH CONSCIOUSNESS:** According to [the Surgeon General at the US Dept. of Health & Human Services](#), the "seven Priorities are designed to improve health and wellness for the entire U.S. population, including those groups disproportionately affected by disease and injury."

- Tobacco Free Living
- Healthy Eating
- Injury and Violence Free Living
- Mental and Emotional Well-Being
- Preventing Drug Abuse and Excessive Alcohol Use
- Active Living
- Reproductive and Sexual Health



By pursuing a lifestyle of LONGEVITY and WELLNESS, you are paving the way for a well-balanced, pain-free life. Further studies including data from the CDC have continually helped to drive Americans to think 'better health' as the national mortality statistics continue to prevail. The 5 leading causes (66% of all deaths)-- Heart Disease: 27%. Cancer: 23%. Chronic lower respiratory disease: 6%. Stroke: 5%. Unintentional injuries" 5%.

**CANCER PREVENTION** can be closely aligned with EARLY DETECTION. But from the perspective of a lifestyle upgrade, it is greatly proven that [smart nutrition, toxin prevention \(smoking, alcohol, drug abuse control\)](#), Stress management and Immune system support are all main ingredients to the prevention of cancers. These same protocols, for those who recently underwent cancer treatment, are what medical experts and wellness professionals prescribe to **STAY IN REMISSION**.

**SELF-AWARENESS IS JOB 1!** This program is a simple 5-step plan to keep cancer away- or increase the likelihood of beating cancer with the comprehensive Early Detection & Prevention plan. Bard Cancer Diagnostics has spent over 25 years treating and diagnosing patients whose issues range in severity from benign cases to complex and malignant. In each case, much can be done to prevent the current stage. The first step is to GET MORE FAMILIAR WITH YOURSELF.



• **Be aware of your genetic lineage:** risk of cancer increases upon heredity. The first place to look is within your own dna or family history. Many cancers tend to travel down generations. It can also have the tendency to skip one generation and appear in the next one.

• **Periodic Checking of your body for any anomalies** like lumps, bumps, discolored bruises or growths. Self-checking is the first base. Also stay on top of unusual feelings like frequent headaches, unique pains and strains- anything that feels out of the ordinary. Take nothing for granted when it comes to your body.

• **Know your environment:** Many health issues are known to be caused by environmental toxins. Where you sleep, eat and work could be affecting how you feel later. Some health hazards are fairly visible and apparent while others may need some historical research in your area where there may have been potential chemical wastes or spills in the past. If you know of such issues, further research, demographic studies, protective measures and targeted checkups may be your next step.

**For more information on our GET CHECKED NOW program, contact the NY Cancer Resource Alliance at: 631-920-5757**