

Resources to Help You Accomplish Your Goals



NC Cancer Prevention and Control Branch

<https://publichealth.nc.gov/chronicdiseaseandinjury/cancerpreventionandcontrol/index.htm>

The NC Cancer Prevention and Control Branch works to ease the burden of cancer through health education, information, screenings, resources and opportunities that promote healthy lifestyles in North Carolina. This website will provide you with information and resource connections for breast, cervical, colorectal, lung, prostate and skin cancers and cancer survivorship. There is information about the three Cancer Branch programs. **The Breast and Cervical Cancer Control Program (NC BCCCP)** provides free or low-cost breast and cervical cancer tests and follow-up to eligible women in North Carolina. **The Well-Integrated Screening and Evaluation for Women Across the Nation (WISEWOMAN) Project** provides cardiovascular disease testing, counseling and referral services to NC BCCCP eligible women. **The Comprehensive Cancer Control Program** equips others with knowledge, skills, tools and resource support that promotes cancer prevention and control, healthy lifestyles and better survivorship quality of life.

Alcohol and Cancer - Center for Disease Control and Prevention (CDC)

<https://www.cdc.gov/cancer/alcohol/index.htm>

This website provides information about how alcohol may increase your risk for cancer and recommended guidelines if you do drink.

American Cancer Society

<https://www.cancer.org>

This website provides information about all cancers including prevention, detection, diagnosis, survivorship, research and much more.

Eat Smart, Move More NC

<https://www.eatsmartmovemorenc.com>

Eat Smart, Move More NC is a statewide movement promoting opportunities for healthy eating and physical activity wherever people live, learn, earn, play, and pray.

Family Health History and Cancer - CDC

<https://www.cdc.gov/cancer/family-health-history>

Your family health history is a record of diseases and conditions that run in your family. Your family members may share genes, habits, and environments that can affect your risk of getting cancer. This website provides tips for learning about your family history.

Kinds of Cancer - CDC

<https://www.cdc.gov/cancer/kinds.htm>

This website provides a complete overview of the common cancers. The website includes prevention, risk factors, data, treatment, survivorship and much more.

Live Healthy to Be There

<https://www.preventchronicdiseasenc.com>

Live Healthy to Be There website includes information, tips and tools to quit tobacco, be physically active, eat healthy, monitor blood pressure, control blood sugar, maintain a healthy weight, track health numbers, get a mammogram and pap smear, and get a colorectal cancer screening.

National Cancer Institute

<https://www.cancer.gov>

This website provides information about all cancers including prevention, detection, diagnosis, survivorship, research and much more.

NC Tobacco Prevention and Control Branch

<https://www.tobaccopreventionandcontrol.ncdhhs.gov>

NC Tobacco Prevention and Control Branch has information and resources to prevent the initiation of smoking and other tobacco use, help tobacco-users quit, and reduce exposure to secondhand smoke.

