According to the American Cancer Society, every year, more than 16,000 people in America are diagnosed with esophageal cancer.

**ESOPHAGEAL CANCER PREVENTION:**

- Avoid tobacco use
- Drink alcohol in moderation
- Eat a healthy diet
- Maintain a healthy body weight
- Get treated for reflux or Barrett’s esophagus, if present

For more information, please visit: [Esophageal Cancer Prevention](#)

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**PAST EVENTS**

**ZEAL FOR TEAL SURVIVORSHIP LUNCHEON**

Our ALAC partners at the [Kelsey Research Foundation](#) were happy to be present at this year’s Zeal for Teal Survivorship Luncheon hosted by the Ovarian Cancer Foundation on March 22nd—intended to celebrate and inform Ovarian Cancer survivors on the latest advances in Ovarian cancer survivorship and research.

**ALAC AT BAYTOWN YMCA**

Class at the Baytown YMCA location will be starting soon! If you know of any cancer survivors in the Baytown area that may be interested please have them contact us at ALACprogram@mdanderson.org or 713-442-1219.

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The Active Living after Cancer (ALAC) newsletter will be sent to you on a monthly basis, it will include updates about the program, locations of future program sites, upcoming community events, and survivorship resources that you may share with your community members.
Want to Share an Event?

To include an upcoming event or research opportunity in the Active Living after Cancer newsletter, please email Gissell Montoya at GAMontoya1@mdanderson.org

Survivorship Resources

Please click on the links below for more information.

- The University of Texas MD Anderson Cancer Center
- National Cancer Institute
- Center for Energy Balance
- American Cancer Society
- BreastCancer.org
- American College of Sports Medicine
- American Institute for Cancer Research
- LIVESTRONG at the YMCA
- Young Survival Coalition
- National Coalition for Cancer Survivorship

Want to get Involved?

For more information about the ALAC program or to be a host site, please email Lizette Rangel at ALACprogram@mdanderson.org

Please feel free to forward this to any healthcare professionals and/or community partners. You may also contact Gissell Montoya at GAMontoya1@mdanderson.org to be added to the mailing list.