

5 Things to Know About

Lowering Your Risk of Cancer

While cancer can't always be prevented, there are ways to reduce your risk. Here are five key steps you can take to protect your health.

1

Eat Healthy & Stay Active

Focus on eating more fruits, vegetables, and whole grains while cutting back on red meat, processed foods, and sugary drinks. If your healthcare team approves, stay as active as possible—regular movement helps keep your body strong and reduces cancer risk.



2

Avoid Tobacco

Smoking is the top cause of cancer that can be prevented. If you smoke, the best thing you can do for your health is to quit. Avoiding secondhand smoke also helps lower your risk.



3

Drink Less Alcohol

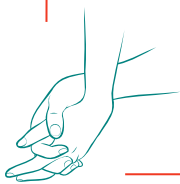
Alcohol increases the risk of several cancers, including breast and liver cancer. Limiting or avoiding alcohol can help protect your health.



4

Protect Your Skin

Skin cancer is one of the most common cancers, but it's often preventable. Protect yourself by wearing SPF 30+ sunscreen, covering up with clothing, and avoiding direct sun exposure during peak hours.



5

Get Vaccinated

Some cancers can be prevented with vaccines. The HPV vaccine helps prevent cervical and other cancers, and the Hepatitis B vaccine lowers the risk of liver cancer.



Regular check-ups and cancer screenings can help detect cancer early when treatment is more effective. Talk to your doctor about which screenings are right for you. Along with screenings adopting a healthy lifestyle such as eating nutritious foods exercising regularly and avoiding tobacco can significantly lower your cancer risk Even small changes can lead to a longer healthier life