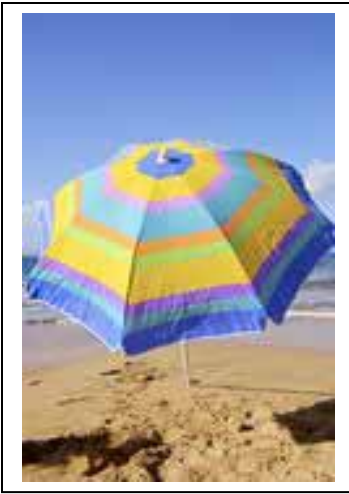


## Preventing Cancer

Most cancer cases are related to lifestyle. Healthy lifestyle choices decrease your risk of cancer and improve your overall health.



### Protect Yourself From Hazards

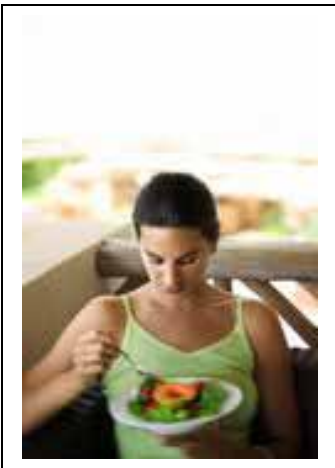
- When outdoors during the day, wear SPF 15 or greater sunscreen.
- When out in sunlight, wear a hat.
- Avoid outdoor activity midday when the sun is hottest.
- Be aware of all hazardous substances at work or in your home.
- When working with hazardous substances, wear protective clothing.

### Perform Regular Screenings

- **Breast** (self-exam, professional breast exam, mammogram)
- **Skin** (self-exam, professional exam, biopsy)
- **Cervical** (pelvic exam, Pap test)
- **Colorectal** (digital rectal exam, screening for blood in stool, colorectal exam)
- **Prostate** (digital rectal exam, blood test)
- **Testicular** (self-exam, professional exam)

### Stop Smoking

- Talk to your doctor about aids for quitting, such as nicotine patches.
- Get support from ex-smokers.
- Develop a plan for quitting.
- Pick a quit date and stick to it.



### Improve Your Diet

- Eat fewer fried foods, fatty meats, and other high-fat foods.
- Eat at least 5 fruits and vegetables daily, especially leafy greens and foods high in vitamin C, like citrus.
- Eat more high-fiber foods, such as fruits, vegetables, and whole grains (oats).
- Eat more vegetable protein, such as tofu.
- Eat foods from the cabbage family, such as broccoli, cauliflower, and brussels sprouts.
- Limit or stop drinking alcohol.

### Stay Active

- Take walks, garden, or do other activities you enjoy each day.
- Do errands on foot or bike, not by car.
- Join a walking or biking club.

### Warning Signs of Cancer

- A change in bowel or bladder habits
- A sore that won't heal
- Unusual bleeding or discharge
- A lump in the breast or elsewhere
- Difficulty swallowing
- Noticeable changes in a wart or mole
- A constant cough or hoarseness