

# SEVEN STEPS TO PREVENT CANCER



01



## AVOID TOBACCO USE

- Quit smoking immediately; lung cancer risk drops by as much as half 10 years after quitting.

- Limit your exposure to second-hand smoke.
- Take the step to a healthier life, call 1-800-QUIT NOW.

02



## LOWER YOUR EXPOSURE TO RADON

- Test your home for exposure. If your home tests positive for radon, mitigate to lower radon levels.

- Follow occupational safety procedures if exposed at work.
- Exposure in combination with smoking puts you at greater risk of developing lung cancer.

03



## AVOID UV RADIATION

Exposure to UV is the greatest factor in developing skin cancer, the most commonly diagnosed cancer in the US.

- Use a broad spectrum sunscreen with SPF 15 or higher.
- Seek shade, especially 10 am - 4 pm.
- Wear sun protective clothing which covers your arms and legs.
- Wear a wide brimmed hat to protect your face and neck.
- Wear sunglasses that block UVA and UVB rays.
- Avoid indoor tanning.

04



## LIMIT ALCOHOL

- Limit alcohol consumption to 1 drink per day for women and 2 for men to reduce the risk of developing cancers of the mouth and throat, larynx (voice box), esophagus, colon and rectum, liver, and breast (in women).

- The less alcohol you drink, the lower the risk of cancer.

05



## MAINTAIN HEALTHY WEIGHT

- Maintain a body mass index (BMI) lower than 25 to reduce

the risk of endometrial (uterine), breast, prostate, and colorectal cancers.

06



## BE PHYSICALLY ACTIVE

- Adults should get at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity aerobic activity per week plus muscle-strengthening involving all major muscle groups at least twice a week.

- Children and adolescents should have 60 minutes or more of physical activity daily.

07



## UTILIZE CANCER PREVENTION VACCINATIONS

- Human Papillomavirus (HPV) can cause anal, cervical, oropharyngeal, penile, vaginal, and vulvar cancers. HPV immunization can protect males and females from these cancers when administered as recommended in two doses at age 11 or 12.
- Hepatitis B occurs when the hepatitis B virus (HBV) attacks the liver. It can cause can cause lifelong infection, cirrhosis of the liver, liver cancer, liver failure, and death. A vaccination is available for all ages to prevent HBV.

For more information on ways you can prevent cancer, please visit: [cdc.gov/cancer/dcpc/prevention/index.htm](http://cdc.gov/cancer/dcpc/prevention/index.htm)