

# CANCER PREVENTION

You've probably heard conflicting reports about cancer prevention. Sometimes the specific cancer prevention tip recommended in one study or news report is advised against in another. In many cases, what is known about cancer prevention is still evolving. However, it's well accepted that your chances of developing cancer are affected by the lifestyle choices you make.

**Consider these cancer prevention tips:**



## EAT A HEALTHY DIET.

Although making healthy selections at the grocery store and at mealtime can't guarantee cancer prevention, it might help reduce your risk. Eat plenty of fruits, vegetables, and whole grains.



## DON'T USE TOBACCO.

Smoking has been linked to various types of cancer, including cancer of the lung, bladder, cervix, and kidney. Avoiding tobacco (or deciding to stop using it) is one of the most important health decisions you can make.



## MAINTAIN A HEALTHY WEIGHT.

Maintaining a healthy weight might lower the risk of various types of cancer, including cancer of the breast, prostate, lung, colon and kidney.



## PROTECT YOURSELF FROM THE SUN.

Skin cancer is one of the most common kinds of cancer — and one of the most preventable. Wear sunscreen, and cover your kids too!



## BE PHYSICALLY ACTIVE.

In addition to helping you control your weight, physical activity on its own might lower the risk of breast cancer and colon cancer.



## GET IMMUNIZED.

Cancer prevention includes protection from certain viral infections. Talk to your doctor about immunizations.



## GET REGULAR MEDICAL CARE.

Regular self-exams and screenings for various types of cancers, such as cancer of the skin, colon, prostate, cervix, and breast, can increase your chances of discovering cancer early—when treatment is most likely to be successful. Ask your doctor about the best cancer screening schedule for you.

Log in at [patients.careatc.com](http://patients.careatc.com) or call **800.993.8244**