

# 8 ways to reduce your cancer risk

**Up to 1/2** of cancer cases in the United States could be **prevented** through healthy lifestyle behaviors.



## Maintain a healthy weight

Being overweight or obese means you have excess body fat. You can reduce your risk for cancer by maintaining a healthy weight.



## Eat a plant-based diet

Eating a healthy diet can help you stay lean. Fill 2/3 of your plate with vegetables, fruits and whole grains. Limiting foods like red meat and processed meat reduces your risk for several types of cancer.



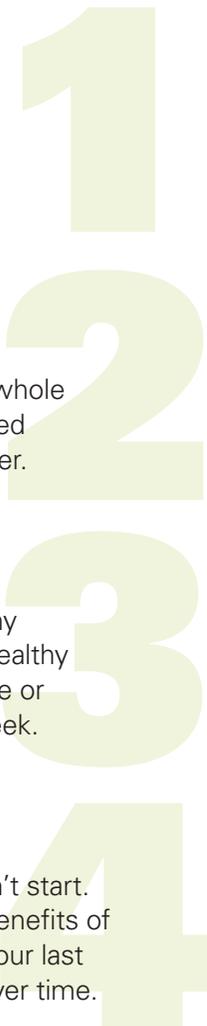
## Stay active

Being physically active reduces your risk for many cancers. In addition, it can help you maintain a healthy weight. Aim for at least 150 minutes of moderate or 75 minutes of vigorous physical activity each week.



## Don't smoke or use tobacco

If you don't smoke or use tobacco products, don't start. If you do smoke, even occasionally, the health benefits of quitting will begin as soon as 20 minutes after your last cigarette. Your health will continue to improve over time.



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## Vaccinate yourself and your children against cancer

Boys and girls should complete the HPV vaccine series at age 11 or 12. The HPV vaccine can be given as early as age 9 and up to age 45. Children and adults should get the hepatitis B vaccine.

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## Protect yourself from the sun

The best way to protect yourself against skin cancer is to limit your exposure to the UV rays emitted by the sun and tanning beds. If you must be in the sun, wear sunscreen with SPF 30 or higher.

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## Know your family history

If you have a family history of cancer, you may be at increased risk. Talk to your family about their medical history so your doctor can assess your risk and help you take precautions against cancer.

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## Get screened

Screening exams help detect cancer and pre-cancerous growths early, when they are most treatable. They also can detect viruses that increase your cancer risk. Talk to your doctor about screening exams for you based on your gender, age and risk factors.

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Our cancer prevention specialists  
are experts in cancer risk  
reduction and early detection.

**Appointments  
available  
713-745-8040**

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