

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.



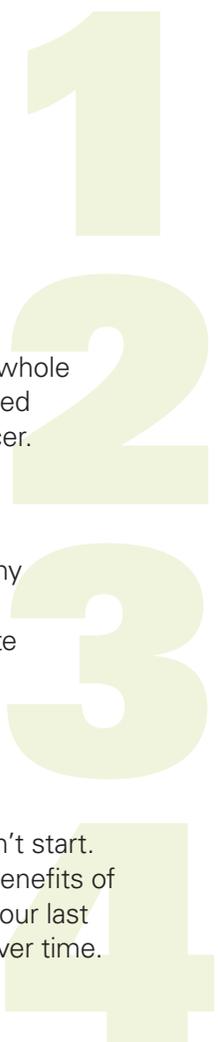
Stay active.

Being physically active reduces your risk for many cancers. In addition, it can help you maintain a healthy weight. Aim for 150 minutes of moderate activity, 75 minutes of vigorous activity, or a combination 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 your children against cancer.

The HPV vaccine is the best protection against HPV and related cancers. All boys and girls between 11 and 12 years old should get the three-dose HPV vaccine. The HPV vaccine can be given as early as age 9 and up to age 26.



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.



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.



Get screened.

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

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