

Nine Steps to Prevent Cancer



- 1 Know your family medical history.
- 2 Don't use tobacco.
- 3 Eat a variety of healthy foods.
- 4 Exercise regularly and maintain a healthy weight.
- 5 Protect your skin from the sun.
- 6 Practice safer sex.
- 7 Drink alcohol in moderation, if at all.
- 8 Follow cancer-screening guidelines.
- 9 Follow cancer-immunization guidelines.

To learn more, please visit www.preventcancer.org