

Stop Cancer Before It Starts!

HELP YOUR LOVED ONES PREVENT CANCER

AVOID SMOKING & DRINKING ALCOHOL

SEEK support for loved ones to fight addiction.

TALK to your loved ones about the dangers of smoking and drinking.

PROTECT loved ones by making your home smoke and alcohol free.

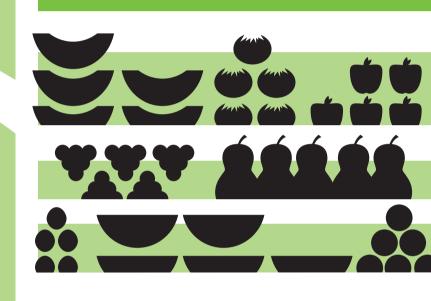
NO MORE than two drinks per day for men and one drink per day for women.

HEALTHY DIET

FEED your loved ones five veggies and fruits per day.

LIMIT sugar and salt intake and introduce healthy snacks.

ENGAGE children in learning how to cook healthy dishes.



GET YOUR FAMILY MOVING

START walking as a family, taking bike rides or playing touch football.



KNOW YOUR FAMILY HISTORY

UNDERSTAND the history of cancer in your family to help better understand your own risk.

TALK with your family members, take notes and share the information with your doctor.

KEEP a family health history and know your family's cancer risk.



GET ROUTINE CANCER SCREENINGS

WHY? The earlier a disease is detected through screening, the more easily and effectively it can be treated.

OFFER to schedule a screening for a loved one and take him or her to the appointment.

ROUTINE screening can reduce the number of

people who die from colorectal cancer by at least 60%.