

# 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.

## GET YOUR FAMILY MOVING

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

**EXERCISE** 5 or more days per week for 30 to 60 minutes.

## 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.

## 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%.