



Tips for cancer prevention

Cancer is the **2nd** leading cause of death in the U.S. See below for steps to help reduce your chances of developing cancer:

1. **Get regular checkups with your primary care provider.** This helps you stay current on testing, vaccinations, screening guidelines and other health care procedures.
2. **Maintain a healthy weight.** 18% of cancers in the U.S. are related to excess body weight. By eating a healthy diet and being more active, you can help decrease your risk of certain types of cancers.
3. **Be physically active.** Aim for 150–300 minutes of moderate intense activity (walking) OR 75–150 minutes of vigorous intense activity (running) each week (or combination of these).
4. **Eat a healthy diet.** Eat a variety of fruits and vegetables (lots of colors!), whole grains and lean proteins. Limit alcohol intake. Reduce red and processed meats, sugary beverages, and highly processed foods.
5. **Do not use tobacco.** Smoking is a preventable cause of death. Smoking damages airways in the lungs. Smoking also accounts for 20% of all cancers in the U.S.
6. **Protect yourself from the sun.** Use broad-spectrum sunscreen SPF of at least 30. Reapply every 2 hours or more after sweating or swimming. Cover up or avoid the sun when rays are the strongest, between 10 a.m.–4 p.m.