

# 8 Ways

## TO REDUCE YOUR CANCER RISK

According to the MD Anderson Cancer Center, up to half of cancer cases in the U.S. could be prevented through healthy lifestyle behaviors. Here are some changes you can make to help protect yourself from cancer.

### Eat a Plant-based Diet



Fill 2/3 of your plate with vegetables, fruits and whole grains. Fill the remaining 1/3 with lean animal protein or plant-based protein. Limit red meat and processed meat.

### Get Vaccinated



All males and females ages 9–26 should get the HPV vaccine. It is most effective when given at ages 11–12. Unvaccinated men and women ages 27–45 should talk to their doctor about the benefits of the vaccine. Children and adults should be vaccinated against hepatitis B.

### Stay Active



Sit less. Aim for at least 150 minutes of moderate or 75 minutes of vigorous physical activity each week. Do muscle-strengthening exercises at least twice a week.

### Get Screened



Screening exams can find cancer early, when it is most treatable. They also find viruses that increase your cancer risk. Ask your doctor about screening exams for you based on your age, gender and risk factors.

### Don't Smoke or Use Tobacco



If you do smoke, quit by using a program that includes a combination of medications, nicotine replacement like patches or gum and counseling. Vaping has not been proven as a safe alternative to smoking or as a smoking cessation tool.

### Protect Yourself From UV Rays



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.

### Limit Alcohol



For cancer prevention, it's best not to drink alcohol. It is linked to several cancers, including breast, colorectal and liver cancer.

### Know Your Family History



About 5–10% of cancers are inherited. Talk to your family about their medical history so your doctor can assess your risk.