

Top 5 Tips for CANCER PREVENTION

Nearly 1/3 of cancers can be prevented. (1)



1 PROTECT YOUR SKIN

Everyday exposure counts; you do not have to be actively sunbathing to get a damaging dose of the sun. (2)

2 DON'T SMOKE

Because of the chemicals and toxins contained in all tobacco products, such e-cigarettes and smokeless tobacco, there is a potential for serious health problems, including cancer. (3)



3 VACCINATE

Gather knowledge about the latest vaccinations against cancer for you and your family. The HPV vaccine can be administered to children starting at 9 years old. (4)



4 LIMIT RED MEAT

Avoid processed meats and limit consumption of red meats, such as beef, pork and lamb. Eat no more than 18 oz of red meat (cooked weight) per week. (5)



5 EXERCISE

Be physically active for at least 30 minutes every day. (6)

SOURCES

1. bit.ly/1EBUGdT
2. bit.ly/2knqUEb
3. bit.ly/206oyU9
4. 1.usa.gov/1JVNL1M
5. bit.ly/1Px6vVB
6. bit.ly/1HOwh4k

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