

run for cover

Practice precautions to reduce your risk of cancer.

While there are no guaranteed ways to prevent cancer, there are simple steps you can take that might help. Up your physical activity, and be sure to protect your skin when out in the sun. Most importantly, get regular checkups and screenings. Early detection of cancer increases the chances of successful treatment, and that's good news for everyone.

Gut check.

Eat more vegetables and limit red meat to help reduce your chances of getting colon cancer.

Boot tobacco.

Quit smoking to lower your likelihood of developing cancer of the mouth, throat, and esophagus.

Savor your sips.

Drink alcohol in moderation – 1 drink a day for women and 2 for men.

[learn more](#)

Visit kp.org/cancer to learn more about cancer and reducing your risk.

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