



Take steps to reduce your risk of cancer

While there's no guaranteed way to prevent cancer, there are many things you can do to lower your risk. Most importantly, get regular checkups and recommended screenings. Making healthy lifestyle changes like quitting smoking and wearing sunscreen can also help. Here are more tips on reducing your risk:

Act out.

Regular, moderate exercise can reduce your risk of both colon cancer and breast cancer.

Listen to Mom.

Eating vegetables rich in nutrients and fiber can help protect against many diseases – even cancer.

Savor your sips.

Drink alcohol in moderation – one drink a day for women and two for men.

LEARN MORE

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

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