

STEPS TO PREVENT CANCER

- ⌘ Don't use tobacco
- ⌘ Protect your skin from the sun
- ⌘ Eat a plant-based diet
- ⌘ Limit alcohol
- ⌘ Maintain a healthy weight and be physically active
- ⌘ Practice safer sex and avoid risky behaviors
- ⌘ Get vaccinated against HPV and Hepatitis B
- ⌘ Know your family medical history
- ⌘ Get recommended cancer screenings