

# 8 Steps to Reduce Cancer Risk



**1 BE ACTIVE** – Strive to get at least 30 minutes of physical activity five (5) days a week and strength training twice a week (i.e., walking, gardening, dancing with kids, etc.).



**2 MAINTAIN HEALTHY WEIGHT** – Being overweight and/or obese are associated with at least 13 different types of cancer, including breast and colorectal.



**3 LIMIT ALCOHOL** – Limit alcohol to one drink per day for women and two for men to reduce the risk of developing cancer (i.e., breast, colorectal, mouth and throat, larynx (voice box) and liver).



**4 QUIT USE OF TOBACCO** – Quitting takes practice! Cancer risk drops after quitting. Coaching and medications can triple your chances of quitting for good. North Carolina's tobacco cessation service can help anyone quit any tobacco product, including e-cigarettes. Call 1-800-QuitNow for help.



**5 TEST YOUR HOME FOR RADON** – You can reduce your risk for lung cancer by reducing exposure to secondhand smoke, radon and other environmental hazards. Do not wait. Start working on your plan today! Test your home for radon. To order radon test kits, go to [www.ncradon.org/Testing.html](http://www.ncradon.org/Testing.html). To test well water, contact your county's environmental health department.



**6 GET SCREENED** – Treatment works best when cancers are found early. You should get appropriate screenings for breast, cervical, colorectal (colon), lung and prostate cancer. Check your body for a change in your skin (i.e., new growth, a sore that doesn't heal, or a change in a mole). Talk with your health care provider to determine when a screening is appropriate for you.



**7 AVOID UV RADIATION** – Exposure to ultraviolet (UV) rays from the sun and indoor tanning appears to be the most important environmental factor involved with developing skin cancer. To help reduce your risk for skin cancer while outdoors: seek shade, avoid indoor tanning, apply sunscreen with a broad spectrum (UVA & UVB) sun protection factor (SPF) of 15 or higher. Wear sun-protective clothing (i.e., cover legs and arms, wide brim hat, and sunglasses that blocks UVA and UVB rays).



**8 GET VACCINATED** – Human Papillomavirus (HPV) can cause anal, cervical, oropharyngeal, penile, vaginal and vulvar cancers. HPV immunization can protect males and females from these cancers when administered as recommended.

