

Chart your **family history** of cancer, and share it with your doctor.

If you use **tobacco**, set a quit date; get help from your health care provider; and find emotional support to help you stay the course.

Limit fatty foods such as red meat, fried foods and high-fat dairy products.

HEALTHY TOP TEN

Reduce Your Cancer Risk



Eat colorful fruits and vegetables often — many contain cancer-fighting antioxidants.

Get the **screenings** recommended for your personal needs.

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If you drink, keep **alcohol** to a minimum (no more than 1 per day for women, or 2 per day for men).

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Watch for skin changes: Look for changes in color, texture or appearance of spots or moles. Examine monthly.

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Block the sun's harmful rays: Use minimum SPF of 15 (30 or higher for more protection), and limit exposure between 10 a.m. and 3 p.m.

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Exercise at a level that raises your heart rate (brisk walking, cycling, swimming) for at least 30 minutes most days.

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Lose weight if you need to: Obesity and physical inactivity are considered risk factors.

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