

**Take charge of your lifestyle now in an effort to reduce your risk of cancer in the future.**

For more information visit our website:  
[www.crcfl.net](http://www.crcfl.net)

**By choosing to eat healthy foods, increasing physical activity, and maintaining a healthy weight, scientists estimate that we could prevent about one-third of the most common cancers. Add not smoking to a healthy diet, physical activity, and a healthy weight, and we could possibly cut the number of cancer cases in half.**

- American Institute for Cancer Research

#### Sources of Information

American Institute for Cancer Research  
([www.aicr.org](http://www.aicr.org))

Mayo Clinic  
[www.mayoclinic.org](http://www.mayoclinic.org)

OncoLink  
[www.oncolink.org](http://www.oncolink.org)

WebMD  
[www.webmd.com](http://www.webmd.com)

Reference:  
Jacobs, Eric J., et al. "What proportion of cancer deaths in the contemporary United States is attributable to cigarette smoking?" *Annals of Epidemiology* 25.3 (2015): 179-182



## Reduce Your Risk of Cancer



**6 lifestyle changes you can make to lower your risks!**

## Consider the following...

Research has shown that at least some adult cancers are partly linked to lifestyle.



## What you can do...

### 1) Avoid All Tobacco Use

Numerous studies have found causal association between smoking and over a dozen different types of cancers, including mouth, lung, bladder, kidney, esophagus, and pancreatic cancer.

Cigarette smoking is responsible for more than 32% of cancer deaths in the United States (Jacobs et al., 2015). Exposure to secondhand smoke has also been shown to increase the risk of cancer.

The best thing you can do for your health is to quit smoking and to reduce your exposure to cigarette smoke.

### 2) Reduce Alcohol Consumption

While there is evidence that moderate use of red wine can be beneficial for your heart, alcohol consumption has been linked to seven types of cancer, including head, neck, esophageal, liver, colorectal, and female breast cancer. If you do drink, do so in moderation.

### 3) Use Sunscreen

Skin cancer is one of the most common types of cancer and one of the most preventable. Be sure to wear sunscreen (SPF 15 or higher) everyday—even in winter—and avoid tanning beds (which expose you to the same damaging rays).



### 4) Eat Well

Multiple studies have found that eating more plants (especially non-starchy vegetables and fruits) has been linked to lower cancer risks. The American Institute for Cancer Research recommends eating a variety of vegetables, fruits, whole grains and legumes such as beans, and limiting consumption of red meats (such as beef, pork and lamb).



### 5) Maintain a Healthy Weight and Exercise Regularly

Maintaining a healthy weight is the second best thing you could do to reduce your cancer risk (the first is to avoid the use of tobacco). Being overweight is a risk factor for many types of cancers.

A great way to control your weight is through regular exercise. It is recommended to do at least 30 minutes of physical activity daily. Walking is a great way to begin.

### 6) Get Regular Medical Care and Get Immunized

Regular check-ups and screenings can detect cancer at early, more treatable, stages and can actually prevent cancer in some situations. (Notably for colon cancer). Ask your doctor which screenings are best for you.

Be sure to stay up-to-date on your immunizations. Some cancers are caused by viruses, including the Human papilloma virus (HPV) which is a risk factor for cervical, head and neck, and others cancers. Talk with your doctor about which immunizations are appropriate for you.