

What Can You Do to Lower the Risk of Cancer?

Cancer Modifiable Risk Factors:

1. Tobacco Use

- Quit smoking and avoid secondhand smoke.
- Seek cessation programs or nicotine replacement therapy.

2. Unhealthy Diet

- Eat more fruits, vegetables, and whole grains.
- Limit processed and red meats, sugary drinks, and high-fat foods.
- A healthy eating pattern is most important

3. Alcohol

- Limit alcohol intake (ideally no more than 1 drink/day for women, 2 for men). It's not just excessive alcohol. Any amount of alcohol can raise your risk of certain cancers.

4. Infections

- Get vaccinated (HPV, Hepatitis B).
- Practice safe sex and good hygiene.

5. Excess Weight

- Maintain a healthy BMI through balanced diet and exercise.

6. Air Pollution

- Use air purifiers indoors.
- Avoid outdoor exercise during high pollution alerts.

7. Physical Inactivity

- Aim for at least 150 minutes of moderate exercise weekly. 300 minutes per week is best for cancer prevention.

8. Hormones

- Discuss hormone therapy risks with your doctor.
- Use the lowest effective dose for the shortest time if needed.

9. UV Radiation

- Wear sunscreen (SPF 30+), protective clothing & hats, and avoid tanning beds.

10. Radiation

- Limit unnecessary medical imaging.
- Follow safety guidelines if exposed to occupational radiation.