



# Cancer awareness

Cancer is the 2nd leading cause of death in the U.S.

Many cancers can be cured if detected and treated early.

Along with avoiding tobacco products, a healthy weight, regular physical activity and eating a healthy diet greatly lowers cancer risk.



Get screening tests for cancer (e.g., breast, colon, prostate, etc.) as advised by your doctor. Do cancer self-exams, too.

Eat plenty of veggies, fruit, whole grains, beans, and lentils. Limit processed and sugary foods. Stay active and maintain a healthy weight.

Avoid or limit alcohol.

The most common type of cancer in the U.S. is skin cancer. To help prevent skin cancer, limit sun exposure and use a sunscreen with a sun protection factor (SPF) of 15 or higher.

Learn about all types of cancer from the National Cancer Institute at 800.4.CANCER (422.6237) or **cancer.gov**.