

Live Healthy. Live Green.

Lessen environmental connections to cancer

- Don't smoke. Avoid secondhand smoke.
- Get your house tested for radon – the number 2 cause of lung cancer after smoking. You can buy a radon test kit from a hardware store.
- Take harmful waste products, such as empty aerosol cans; leftover paint, paint chips and thinners; and unused fertilizers and pesticides to a local hazardous waste drop-off site. Search for one near you at earth911.org.
- Restrict the use of pesticides, which are all toxic to some degree. Use nontoxic products to treat and maintain your lawn. Find ways to greenscape your lawn and yard from epa.gov.
- Wear sunscreen (SPF of 30 or higher) and clothing to protect your skin from harmful UV rays.
- Get to and stay at a healthy weight. Eat plenty of plant-based foods: vegetables, fruit, whole grains, beans, lentils, nuts, and seeds. Avoid or limit alcohol to 1 drink a day (women and over 65) or 2 drinks a day (men).

