



FEBRUARY IS NATIONAL CANCER PREVENTION MONTH

Cancer can develop due to factors like genetics and lifestyle habits.

Follow these tips to lower your risk:

- **Quit Commercial Tobacco:** Quitting is one thing you can do for your health.
- **Choose Healthy Foods:** Eat more fruits, vegetables, and lean proteins and less processed and sugary foods. Avoid or limit alcoholic drinks.
- **Exercise:** Move everyday by taking walks or jogging.
- **Protect Your Skin:** Wear sunscreen, a hat and clothing that covers your skin.
- **Get Vaccinated:** HPV and Hepatitis B vaccines can help prevent different kinds of cancer.
- **Regular Screenings:** Cancer screenings are important for early detection.

For more information visit: cdc.gov/cancer/prevention

