

# 5 Tips to Reduce Your Cancer Risk

Reduce your risk of cancer by making healthy choices.

## Find Time For Fitness

Exercise at least 30 minutes a day, five days a week. Children should exercise 60 minutes each day. Walk the dog, take a hike, plant a garden, or ride a bike, the choice is yours - just get moving!



## Don't Use Tobacco

Avoid all tobacco products including traditional cigarettes, e-cigarettes, and smokeless (chewing) tobacco.



## Eat Healthy

Make a special effort to eat mostly plant-based foods like vegetables, fruits, and whole grains. Eat a variety of proteins like lean meats, poultry, fish, and beans. Eat less saturated fat, sugar, and sodium.



## Save Your Skin

When you are in the sun, wear a hat and long sleeves. Use sunscreen with an SPF of 30 or higher. Avoid tanning beds and sunlamps. Check your skin regularly and tell your doctor about any changes.



## Vaccinate against HPV

The HPV (human papillomavirus) vaccine helps prevent HPV infection, which can cause six types of cancer in men and women. Boys and girls should get the HPV vaccine at ages 11-12, with catch up vaccination available through age 26.



[www.KCP.uky.edu](http://www.KCP.uky.edu)

# 5 Cancer Screenings to Know About

Cancer screenings help find cancer early before symptoms develop.

## Breast Cancer

Women ages 40 and older should talk to their doctor about when to start mammograms and about how often to have them.



## Cervical Cancer

At age 21, women should talk with their doctor about Pap and HPV testing to help prevent cervical cancer, or find it early when it is more treatable. HPV vaccination may prevent cervical cancer, and is recommended for everyone ages 11-26.



## Colorectal Cancer

Several screening tests can prevent colorectal cancer or find cancer early. People age 45 and older should talk with their doctor about which test is right for them.



## Lung Cancer

Screening for lung cancer is recommended for some people ages 50-80 with a history of long-term smoking. Talk to your doctor to see if this test is right for you.



## Prostate Cancer

Screening for prostate cancer is based on age, race, family history, and other factors. Men between the ages of 55-69 should talk with their doctor about whether screening is right for them.



## Cancer Screening Saves Lives.

Talk to your doctor about which tests are right for you. For more information:  
[www.kcp.uky.edu](http://www.kcp.uky.edu)  
[www.kycancerprogram.org](http://www.kycancerprogram.org)

