



**FEBRUARY IS NATIONAL CANCER
AWARENESS MONTH**

Cancer Prevention and Early Detection

PREVENTION



- Don't smoke or use tobacco products
- Maintain a healthy weight
- Eat a healthy diet
- Get regular exercise
- Protect your skin from the sun
- Limit alcohol consumption
- Avoid exposure to environmental toxins
- Get vaccinated



EARLY DETECTION



- Know your family history
- Get regular cancer screenings
- Learn the warning signs of cancer
- Conduct regular self-exams
- Don't ignore unusual symptoms
- Talk to your doctor about your risks



RECOMMENDED SCREENINGS

- Breast Cancer: Mammogram (Women ages 50-74)
- Cervical Cancer: Pap Test (women ages 21-65)
- Colon Cancer: Colonoscopy (Adults ages 50-75)
- Lung Cancer: Low-dose CT Scan (adults ages 55-80 with a history of heavy smoking)
- Prostate Cancer: PSA test (men ages 50-70)



HEALTHY LIFESTYLE CHOICES

- Stay active, eat a balanced diet, avoid stress, and get plenty of sleep
- Avoid tobacco and excessive alcohol consumption
- Get regular checkups



MAKE CANCER PREVENTION AND EARLY DETECTION A PRIORITY

**Talk to your healthcare provider about your risk and
take action to protect your health.**

Prevention And Detection Of Cancer Pt1 Prevention Vol2 Et

Victor M. Corman



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