

Lifestyle changes to reduce the risk of cancer

Avoid smoking



Practice personal hygiene



Stay fit



Get vaccinated



Eat healthy



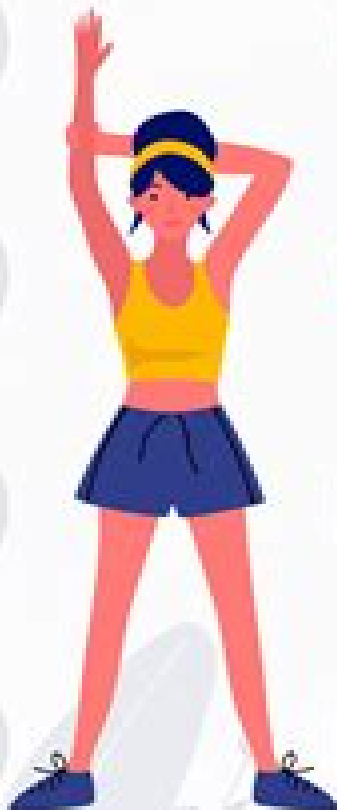
Limit alcohol intake



Use sunscreen



Schedule screenings



Reducing Risks To Life

S Marginson



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