

# Lifestyle changes to reduce the risk of cancer

**Avoid smoking**



**Practice personal hygiene**



**Stay fit**



**Get vaccinated**



**Eat healthy**



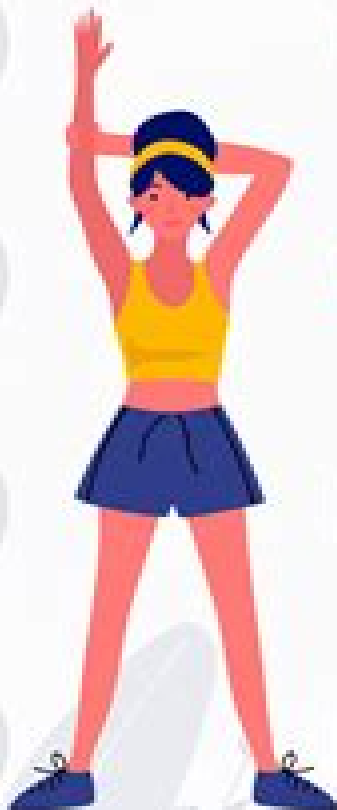
**Limit alcohol intake**



**Use sunscreen**



**Schedule screenings**



# Reducing Risks To Life

**CL Gary**



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