

8IGHTTM

WAYS TO PREVENT CANCER

Eight healthy behaviors can go a long way toward improving your health and lowering your risk of many cancers as well as heart disease, stroke, diabetes, and osteoporosis. And they're not as complicated as you might think.

1 Maintain a Healthy Weight



2 Exercise Regularly



3 Don't Smoke



4 Eat a Healthy Diet



5 Drink Alcohol Only in Moderation, If at All



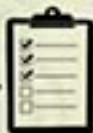
6 Protect Yourself from the Sun



7 Protect Yourself From Sexually Transmitted Infections



8 Get Screening Tests

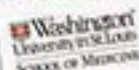


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