LIMIT SUN EXPOSURE

Skin cancer is one of the most common kinds of cancer and one of the most preventable. Try these tips:

- Avoid midday sun when its rays are strongest.
- Stay in the shade as much as possible. Sunglasses and a broad-brimmed hat help too.
- Cover your skin. Wear clothing that covers as much skin as possible.
- Don't skimp on sunscreen. Use a broad-spectrum sunscreen with an SPF of at least 30.
- Don't use tanning beds or sunlamps. These can do as much harm as sunlight.

LIMIT ALCOHOL

Drinking alcohol can increase your risk of cancer of the mouth, throat, esophagus, larynx (voice box), liver, and breast. The more you drink, the higher your risk.

If you drink, do so in moderate amounts: up to one drink per day for women and up to two drinks per day for men.

It has been suggested that certain substances in red wine, such as resveratrol, have anti-cancer properties. However, there is no evidence that drinking red wine reduces the risk of cancer.

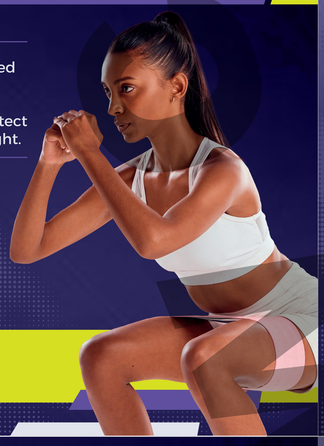
PHYSICAL FITNESS

EXERCISE REGULARLY

Physical activity has been linked to improved immune systems and a reduced risk of certain cancers. Exercise will help protect you even if you don't lose weight.

STAY LEAN

Obesity increases the risk of many forms of cancer. A lifestyle of healthy meals and physical activity can help you achieve your goals.



KNOW YOUR FAMILY HISTORY

If you have a family history of breast, ovarian, uterine, or colorectal cancer, you may have a higher risk for developing these cancers.

Talking to your doctor about this is the first step, which could help you and your healthcare professional decide what screening you need, when to start, and how often to be tested.

Knowing your family health history also helps you and your doctor decide if genetic counseling or testing may be right for you.

EARLY DETECTION IS KEY

To be on the look out for early signs of cancer, remember to take CAUTION:

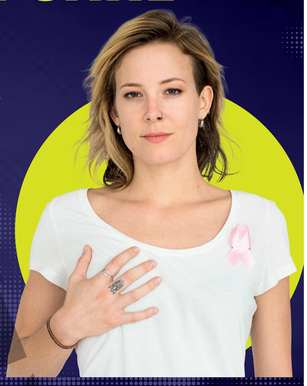
- **C** Change in bowel or bladder habits
- **A** A sore that does not heal
- **U** Unusual bleeding or discharge
- **T** Thickening or lump in the breast or elsewhere
- **I** Indigestion or difficulty in swallowing
- **O** Obvious change in a wart or mole
- **N** Nagging cough or hoarseness

Remember that not all cancers will produce these symptoms. If you have concerns, do not hesitate to talk to your medical professional.

GET REGULAR MEDICAL CARE

Doing regular self-exams and having screenings for cancers — like cancer of the skin, colon, cervix and breast — can raise the chances of finding cancer early. That's when treatment is most likely to succeed.

ASK A HEALTH CARE PROVIDER ABOUT THE BEST CANCER SCREENING SCHEDULE FOR YOU.

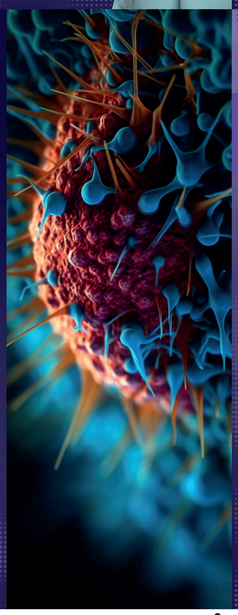


WHAT IS CANCER?

Cancer is a disease in which abnormal cells divide out of control and are able to invade other tissues.

Cancer cells can spread to other parts of the body through the blood and lymph systems, which help the body get rid of toxins.

There are more than 100 different types of cancer. Most cancers are named for the organ or type of cell in which they start.



GET VACCINATED

Protecting against certain viral infections can help protect against cancer. Talk to a health care provider about getting vaccinated against:

- Hepatitis B, which can increase the risk of developing liver cancer.
- Human papillomavirus (HPV), which can lead to cervical cancer and other cancers.