

To help lower your risk for cancer

There are steps you can take to help lower your risk of cancer.

- **Stay away from tobacco and tobacco smoke.** If you smoke or use any tobacco product, talk with a healthcare provider or call us to learn how to quit.
- **Be physically active.** Limit the time you spend sitting or lying down. Start slow, and keep moving. Build up to 300 minutes of moderate activity or 150 minutes of vigorous exercise each week.
- **Follow a healthy eating pattern.** Eat plenty of colorful fruits and vegetables and whole grains. Limit or avoid red and processed meats, highly processed foods, and sugary foods and beverages.
- **Get to and stay at a healthy weight.** Ask your healthcare provider what a healthy weight would be for you. Talk to them about a plan to help you lose weight if needed.
- **Get vaccines against viruses that can cause cancer.** Check with your healthcare provider to see whether you or your children should get these vaccines.
 - **Human papillomavirus (HPV).** The American Cancer Society recommends that boys and girls should get the HPV vaccine between 9 and 12 years of age. People who are between 13 and 26 years of age should get the vaccine if they didn't get it when they were younger.
 - **Hepatitis B virus (HBV).** The Centers for Disease Control and Prevention recommends that everyone get the HBV vaccine either as a child or adult to help lower the risk of liver cancer.

Human papillomavirus (HPV) has been shown to increase the risk of many types of cancer. This includes cancers of the cervix, mouth and throat, anus, penis, vagina, and vulva. The HPV vaccine can help prevent more than 90% of cancers caused by HPV.

Did you know?

- You can help lower your risk of getting some types of cancer.
- There are tests to find some types of cancer early when treatment is more likely to be successful.
- Regular checkups and screening tests to find cancer early can help save lives.

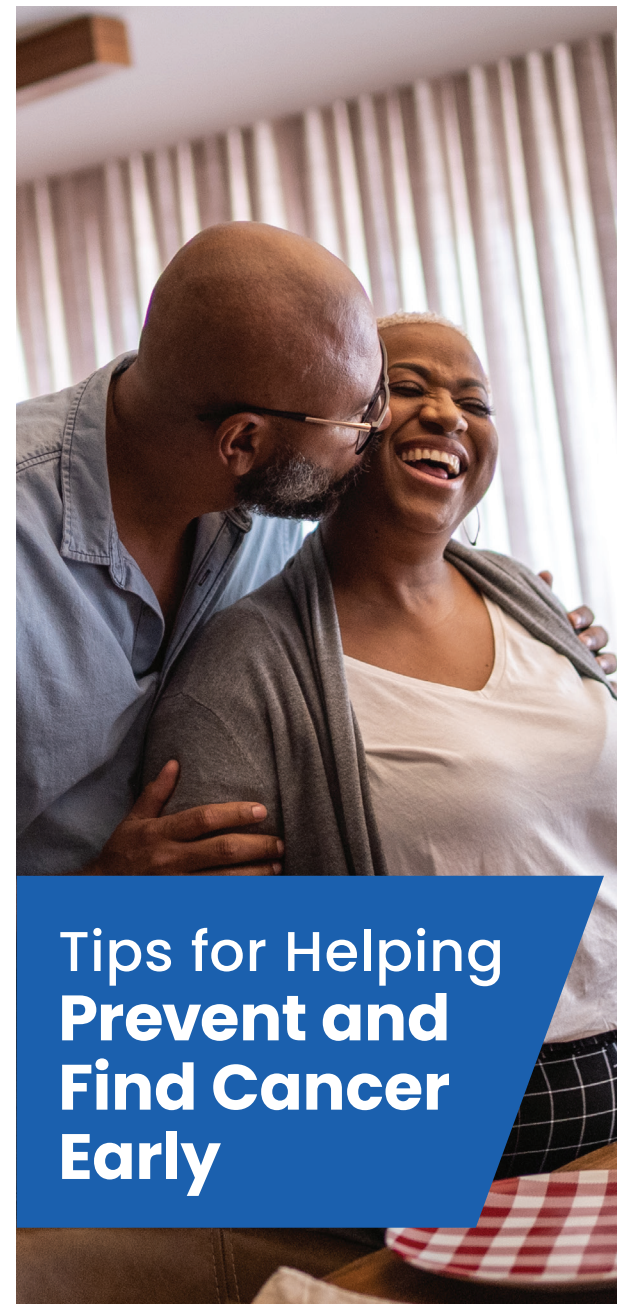
For more information and support, visit the American Cancer Society website at **cancer.org** or call us at **1-800-227-2345**.



cancer.org | 1.800.227.2345



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Tips for Helping Prevent and Find Cancer Early



Every cancer. Every life.®



To help find cancer early

There are screening tests that can help find some cancers early – before you have symptoms. A few cancers can even be prevented with regular cancer screening tests.

Talk to a healthcare provider about your family history, your cancer risk, and how you can help lower your risk of getting cancer. Ask about the best screening plan for you, including what tests are best for you and how often they should be done.

American Cancer Society Screening Guidelines

Breast cancer

- **Women at average risk should begin screening with mammograms at 45 years of age.** Women between 40 and 44 should have the option to start yearly mammograms if they wish to do so.
- Screening should continue if a woman is in good health and is expected to live for at least 10 more years.
- Women at **high risk** for breast cancer – because of their family history, a genetic mutation, or other risk factors – should be screened with MRI along with a mammogram. Ask your healthcare provider about your risk for breast cancer.

Colorectal cancer

If you are at **average risk**, start regular screening at age 45, and continue through age 75. For people ages 76 to 85, the decision to be screened should be based on their preferences, life expectancy, health status, and past screening history.

Several types of tests can be used. Talk with a healthcare provider about which test might be a good option for you. No matter which test you choose, the most important thing is to get screened.

Cervical cancer

Women and other individuals with a cervix at average risk of cervical cancer should start screening at age 25 and continue until at least age 65.

There are several testing options. Screening should be done every 3 to 5 years, depending on the test.

Getting screened regularly is the most important thing, no matter which test you get.

You should be screened even if:

- You've received the HPV vaccine.
- You're in a long-term relationship with the same partner, have stopped having children, do not have sex with men, or are not sexually active.
- You're in menopause.

Lung cancer

- **People who are between 50 and 80 years of age and have at least a 20 pack-history of smoking should talk to their healthcare provider about lung cancer screening.**
- A pack-year is equal to smoking 1 pack (or about 20 cigarettes) per day for a year. Someone who smokes 1 pack a day for 20 years would have a 20 pack-history of smoking.
- Lung cancer screening is done using a low-dose CT (LDCT) scan.

Prostate cancer

- **Men who are 50 years of age or older** should talk with a healthcare provider about whether they should be screened.
- Black men, and men who have a father or brother who had prostate cancer before age 65, should talk with their healthcare provider starting at age 45.
- Prostate cancer screening includes a prostate-specific antigen (PSA) blood test and sometimes a digital rectal exam.