



The **best way** to **beat cancer** is to **prevent it.**

At least one-third of all cancers may be preventable!

Advances in medicine are making cancer treatments more effective. Cancer screening tests can help to find cancer at its earliest, most treatable stage. But certainly the *best* way to beat cancer is to avoid getting it in the first place.

Here are six ways you can lower your own cancer risk:

- **Don't use tobacco.** If you do, quitting now is the #1 thing you can do to protect your health.
- **Avoid excessive use of alcohol.** Heavy drinkers are at higher risk for cancer, and use of tobacco increases that risk.
- **Get regular exercise.** Being active helps you manage your weight. Staying at a healthy weight lowers your risk for many kinds of cancer.

- **Eat a healthy diet with plenty of fruits and vegetables.** Try for a total of five or more servings each day.
- **Avoid excessive sun exposure.** Tanning beds, too.
- **Avoid cancer-causing chemicals in the environment.** These include asbestos, benzene, and several others. If you work with these chemicals, follow all safe handling guidelines.

What you eat and drink, how active you are, how you manage your weight, the things you are exposed to, the risks you take — all are considered to be parts of your lifestyle. Talk with your doctor about how making healthy changes in your lifestyle may help you reduce your risk not only for cancer, but for many other illnesses and conditions.

Source: World Health Organization

UPMC HEALTH PLAN

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