

February is National [Cancer Prevention](#) Month – What boxes can you check?

- Make healthy food choices
- Maintain active lifestyle such as walking/other exercise
- Don't smoke – if you smoke and want to quit, call 1-800-QUIT-NOW (784-8669)
- Limit alcohol intake
- Vaccinate children with the anti-cancer HPV (human papillomavirus) vaccine
- Maintain a healthy body weight
- Discuss family history of cancer and other chronic diseases with your health care provider
- Limit ultraviolet light exposure, whether from the sun or tanning beds
- Get recommended cancer screenings – talk to your doctor

It's hard to check all the boxes, but by taking small steps and also talking with a doctor, we can prevent some chronic diseases, our health can improve, and we can have a more fulfilling life.