Lower Your Cancer Risk

We are all at risk for cancer but your awareness, lifestyle choices and actions can make a huge difference.

IN MICHIGAN...

57,541 were diagnosed with cancer in 2015

20,347 died of cancer in 2015

LEADING RISK FACTORS FOR CANCER
Learn what you can do to reduce your cancer risk.

1. USING TOBACCO PRODUCTS
Tobacco use is linked to 40% of all cancers

2. POOR NUTRITION, PHYSICAL INACTIVITY, & EXCESS WEIGHT
It has been estimated that overweight and obesity contribute to 14% to 20% of all cancer-related mortality in the United States

3. YOUR FAMILY'S MEDICAL HISTORY
Know your family history, and share it with your doctor. About 5-10% of cancers are thought to run in the family.

WHAT YOU CAN DO
Avoid smoking, maintain a healthy weight, eat a balanced diet, keep active, and get recommended cancer screening tests.

AVOID TOBACCO
LIMIT ALCOHOL INTAKE

GET SCREENED for breast, cervical, colorectal, & lung cancer
PROTECT YOUR SKIN FROM THE SUN
INCREASE YOUR ACTIVITY LEVEL
GET VACCINATED for HPV and hepatitis A & B
EAT A HEALTHY DIET

KEY
Limit/Avoid these things
Do these things