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

More than 50% of all cancer deaths can be prevented

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