

CALL TO ACTION: REDUCE YOUR CANCER RISK IN YOUR PERSONAL LIFE



- Drink alcohol in moderation. Consuming alcohol can increase your risk of developing cancer.
- Avoid using tobacco products. There is no safe level of tobacco use and quitting smoking immediately can reduce your risk for cancers associated with tobacco use.
- Limit the amount of time spent in the sun and protect your skin by using sunscreen with a sun protection factor (SPF) of at least 15.
- Get your cancer screenings. Talk with your doctor about a screening schedule that is right for you. Make sure to talk about your occupational exposures that put you at a higher risk.
- Maintain a healthy diet, eating foods high in nutrients including vegetables, fruits, and whole grains.
- Stay physically active and limit sedentary behavior. Adults should engage in 150–300 minutes of moderate-intensity physical activity per week or 75–150 minutes of vigorous-intensity physical activity, or an equivalent combination.
- Maintain healthy sleep habits by keeping a consistent sleep schedule. This can include getting up at the same time every day and taking naps when you can.
- Find healthy ways to cope with stress and seek professional counseling if needed.