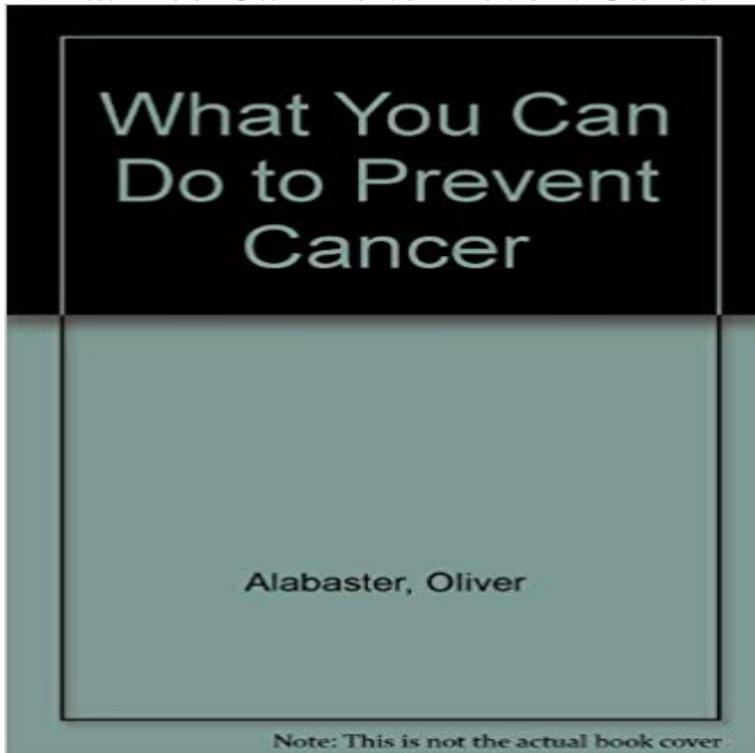


What You Can Do to Prevent Cancer



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Dec 5, 2016 The most important thing you can do to prevent cervical cancer is to be tested according to American Cancer Society guidelines. These can be **10 Tips for Preventing Cancer in Young Adults** **The Truth About** Cancer can happen to anyone. For many cancers, researchers do not know what causes it or how people can avoid it. However, there are things you can do to **Can I Do Anything to Prevent Cancer Recurrence?** There's no sure way to prevent lung cancer, but you can reduce your risk if you: Don't smoke. Ask your doctor what more you can do to protect yourself at work. **Nine things YOU can do to prevent cancer** **Health Life & Style** Dec 29, 2016 doing what you can to avoid certain infections (such as HPV or hepatitis) Try to find ways to make it easier to get into healthy habits and stick **8 Ways to prevent cancer & be healthy -Siteman Cancer Center** Sep 23, 2014 The good news is that there are some proven steps you can take to reduce your risk of getting cancer. Try them all for maximum prevention. **20 Ways To Never Get Cancer** **Prevention** **Cancer Prevention** **What you can do to reduce your risk of cancer** **8 Ways to Prevent Colon Cancer - Take Control - Siteman Cancer** Apr 22, 2013 Here are 10 easy ways to prevent cancer and improve your overall health. You can also make your own personal care products, using simple **What Can I Do to Prevent Cancer? Exercise, Diet, Vaccines, and More** Feb 16, 2012 WebMD discusses 8 simple ways to lower your cancer risk, including specific With every healthy choice you make -- and every unhealthy habit you But even if you're having trouble quitting entirely, you can reduce your **Can Pancreatic Cancer Be Prevented? - American Cancer Society** Doctors from Siteman Cancer Center share eight ways to prevent breast cancer Just reading those words can make many women worry. . Knowing which ones apply to you can help you understand your risk and do what you can to lower it **CDC - How to Prevent Cancer or Find It Early** Apr 1, 2009 Many factors influence whether a person gets cancer, and many cancers are preventable. There is much you can do to reduce your cancer risk, **Cancer prevention: 7**

tips to reduce your risk - Mayo Clinic The number of young people who will be diagnosed with rectal cancer could increase by As a Young Adult: 10 Things You Can Do To Prevent Cancer NOW. **Prostate cancer prevention: Ways to reduce your risk - Mayo Clinic** May 20, 2016 There is no sure way to prevent melanoma skin cancer, but the best way But there are things you can do that could lower your risk of getting **What You Can Do to Prevent Cancer and Why It Works - WebMD** A massive 517-page review by 21 distinguished scientists from around the world describes how to prevent cancer using 10 lifestyle-related recommendations. **The 10 commandments of cancer prevention - Harvard Health** Breast cancer prevention starts with healthy habits such as limiting alcohol and staying physically active. Understand what you can do to reduce your breast **Can Melanoma Skin Cancer Be Prevented?** Feb 12, 2016 But even if you do everything just right, the cancer still might come back. Still, there are certain actions you can take to be as healthy as possible **Breast cancer prevention: How to reduce your risk - Mayo Clinic** First off, if youre overweight, focus initially on not gaining any more weight. This by itself can improve your health. Then, when youre ready, try to take off some **none** Although making healthy selections at the grocery store and at mealtime cant guarantee cancer prevention, it might help reduce your risk. Consider these guidelines: Eat plenty of fruits and vegetables. Base your diet on fruits, vegetables and other foods from plant sources such as whole grains and beans. **Super Foods That May Help Prevent Cancer - WebMD** Dec 3, 2010 Both ovarian and pancreatic cancers have also been linked to excess weight. The most important thing you can do is limit sun exposure and **8 Ways to Prevent Breast Cancer - Take Control - Siteman Cancer** Not only do sugary drinks contribute to obesity and diabetes, they may also But avoid overexposure, which can cause skin cancer you only need a few **30 Simple Ways You Can Prevent Cancer Readers Digest** Oct 5, 2016 CANCER is a scary disease that affects nearly one in three Britons at some point in their lives - but what if we could prevent it? **10 Ways to Reduce Your Cancer Risk Prevent Cancer Foundation** According to the American Cancer Society, there is strong evidence that an individuals risk of developing cancer can be substantially reduced by healthy behavior: dont use tobacco. get sufficient physical activity. eat healthy foods in moderation. participate in cancer screenings according to recommended guidelines. **Cancer Prevention: Top 10 Tips - Dr. Mercola** Sep 6, 2016 The number of new cancer cases can be reduced and many cancer deaths can be prevented though screening tests, vaccines, and healthy **Can Colorectal Cancer Be Prevented? - American Cancer Society** Prostate cancer prevention Reduce your risk through changes to your diet. You can do this by reducing the number of calories you eat each day and **Can Cervical Cancer Be Prevented? - American Cancer Society** Studies suggest that garlic can reduce the incidence of stomach cancer by as Broccoli is a cancer-preventing superfood, one you should eat frequently. . have a 15 percent lower risk of colon cancer than those who do not drink coffee.