

# 10 Lifestyle Tips For Cancer Prevention

1. Don't Smoke
2. Eat Fruits and Vegetables
3. Limit Fat in Diet
4. Maintain Healthy Weight
5. Be Physically Active
6. Limit Alcohol Consumption
7. Limit Exposure to Radiation
8. Protect Against Infection
9. Limit Consumption of Salty Food
10. Get Recommended Screenings and Exams



“An Ounce Prevention is Worth Pound of Cure”

- Henry de Bracton

