

THE UNIVERSITY OF TEXAS  
MD Anderson  
~~Cancer Center~~  
Making Cancer History®

## Breast cancer survivor's perseverance through prayer



If you have questions about In the Spirit of Health, e-mail [Community@MDAnderson.org](mailto:Community@MDAnderson.org) or call 713-792-3363.

# Did you know?

Up to 50% of cancers in the United States could be prevented by healthy lifestyle choices. Here are nine ways you can reduce your risk for cancer:

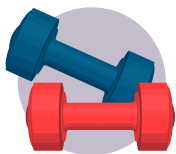
## Get screened.

Cancer screening exams are available for breast, colorectal and cervical cancers. Find out if you are up to date with your screenings using this QR code.



## Exercise.

Do at least 150 minutes of moderate exercise each week plus strength training twice a week.

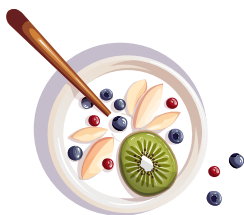


## Avoid tobacco.

There is no safe form of tobacco. Text QUIT to 47848.

## Eat a healthy diet.

Focus on whole grains, vegetables and fruits, with lean proteins like chicken and fish. Limit red and processed meats.



## Maintain a healthy weight.

If you have a high body weight, you are at increased risk for cancer. Check your BMI and get tips on weight at [MDAnderson.org/Weight](https://www.mdanderson.org/Weight).

## Be skin safe.

Find shade between 10 a.m. and 4 p.m. If you are in the sun, wear a wide-brimmed hat, sunglasses and protective clothing. Use sunscreen of SPF30 or more.



## Limit alcohol.

For cancer prevention, no alcohol is best.

## Get vaccinated.

The HPV vaccine prevents six types of cancer including cervical, vaginal and vulvar cancers. Everyone ages 9-26 should get it. Adults ages 27-45 should talk to their doctor about the benefits. The hepatitis B vaccine reduces your risk for liver cancer.



## Know your family history.

Tell your doctor if you have relatives who have had cancer. Find out the cancer type and what age they were diagnosed.



## Faith without works is dead - James 2:14

Get help making the lifestyle changes you need to reduce your risk for cancer.

Take the Healthy10 Challenge from the American Institute for Cancer Research.

This FREE 10-week interactive program is designed to help you eat better and move more. Get weekly recipes, exercise tips and more. Accept the challenge using this QR code.



Open your camera or QR code reader to scan the QR code to view

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