

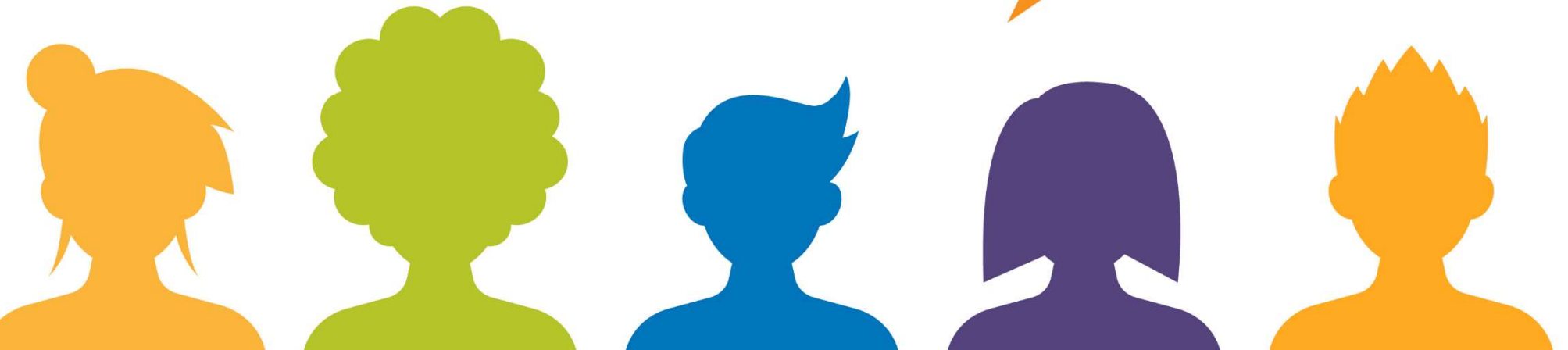
# 9 Ways to Reduce Your Cancer Risk

THE UNIVERSITY OF TEXAS  
MDAnderson  
~~Cancer Center~~

Making Cancer History®

**It doesn't  
matter  
what I do.**

If I'm going  
to get cancer,  
I'll get it no  
matter what.





# Tips to lower your cancer risk



1

Maintain a  
healthy weight

# Eat less, move more







2

Eat healthy  
foods




# Limit red meat

12-18 oz.  
of cooked  
red meat  
per week

<p><b>8 golf balls</b> 2.25 oz. per serving</p>	
<p><b>6 decks of cards</b> 3 oz. per serving</p>	
<p><b>4 tennis balls</b> 4.5 oz. per serving</p>	
<p><b>2 softballs</b> 9 oz. per serving</p>	

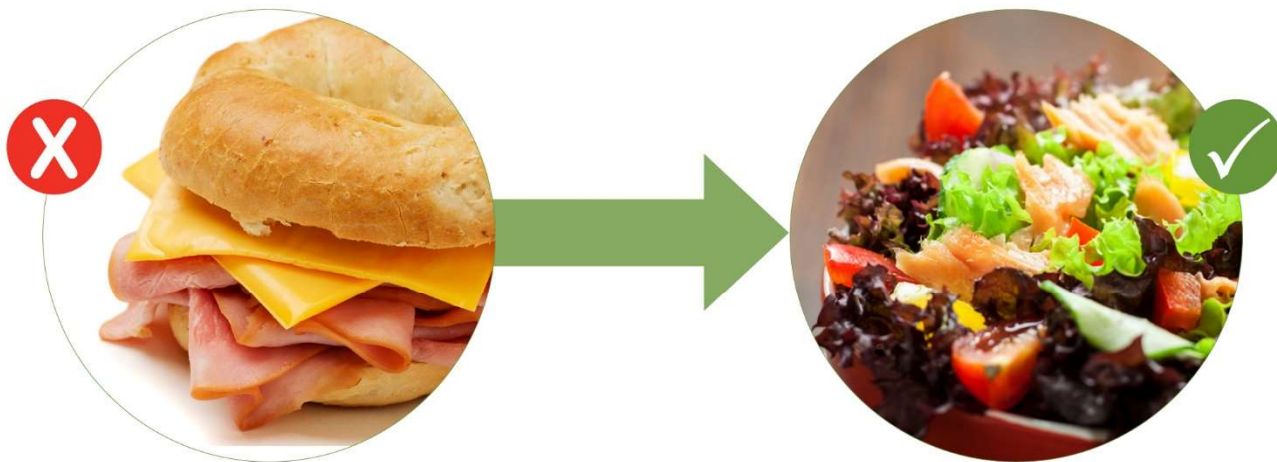
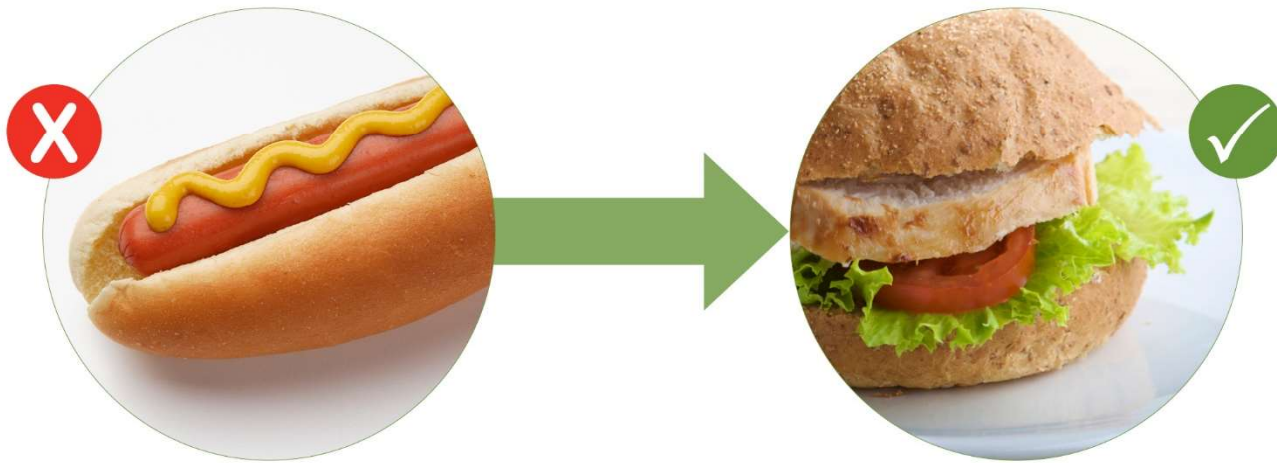
What do  
you think?

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Give a  if you think that eating  
processed meats like bacon and deli meat  
increases your cancer risk.



# Limit processed meat





3

Stay active

# Move more



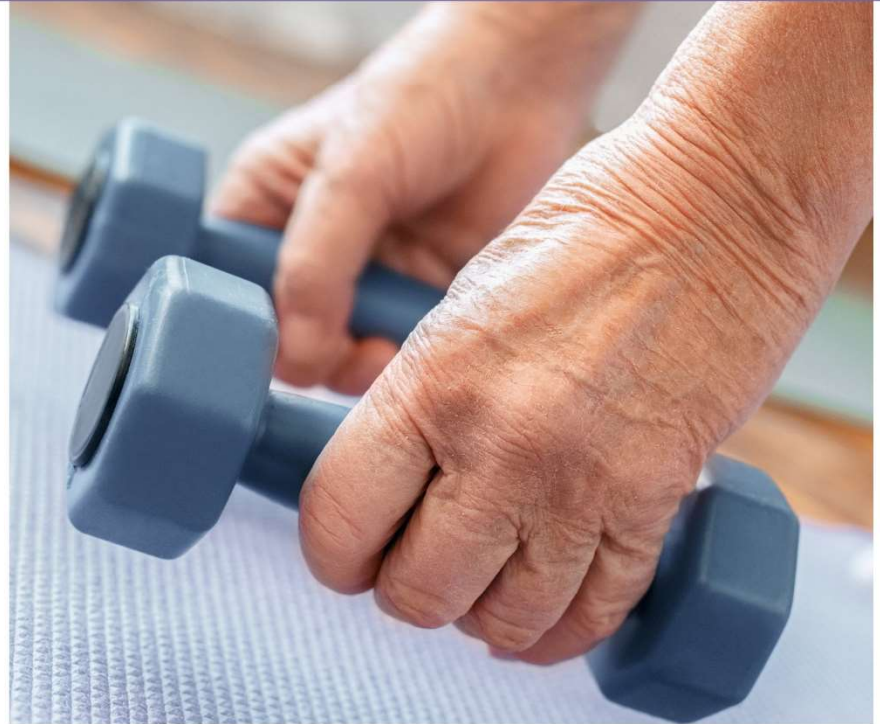
**150 minutes**

# Move more



**75 minutes**

# Build strength





4

Don't smoke  
or use tobacco



**BUT I DON'T SMOKE.**

Could I still be at risk?

What do  
you think?

---

Give a  if you think that e-cigarettes are  
a good way to quit smoking.



# E-cigarettes are not proven as:

- Safer than cigarettes
- An effective way to quit smoking



Kids and teens  
should not use e-cigarettes



5

# Limit alcohol




6

Get vaccinated



What do  
you think?

---

Give a  if you think that the HPV vaccine is recommended for both boys and girls.

# HPV vaccine

Cancer prevention for males and females



# Get the hepatitis B vaccine



7

# Get screened





# What tests do I need?

AGES 21-29

Pap test,  
every 3 years

Consider  
Clinical breast exam  
Every 1-3 years  
Starting at age 25



[www.mdanderson.org/screening](http://www.mdanderson.org/screening)

# What tests do I need?

AGES 30-39

**HPV test**, with or without a Pap test,  
every 5 years

Consider  
Clinical breast exam  
Every 1-3 years



[www.mdanderson.org/screening](http://www.mdanderson.org/screening)

# What tests do I need?

AGES 40-44

**HPV test**, with or without a Pap test,  
every 5 years

Mammogram and  
Clinical breast exam  
every year

A stylized orange silhouette of a person with curly hair, positioned on the right side of the slide.

[www.mdanderson.org/screening](http://www.mdanderson.org/screening)

# What tests do I need?

AGES 45-74

**HPV test**, with or without a Pap test,  
every 5 years

Mammogram and  
Clinical breast exam  
every year

Colonoscopy  
every 10 years



[www.mdanderson.org/screening](http://www.mdanderson.org/screening)

# What tests do I need?

AGES 45-74

Talk to your doctor about prostate cancer screening.

If you choose to be screened, get a baseline PSA test and strongly consider a baseline digital rectal exam.

Colonoscopy  
every 10 years



[www.mdanderson.org/screening](http://www.mdanderson.org/screening)

# What tests do I need?

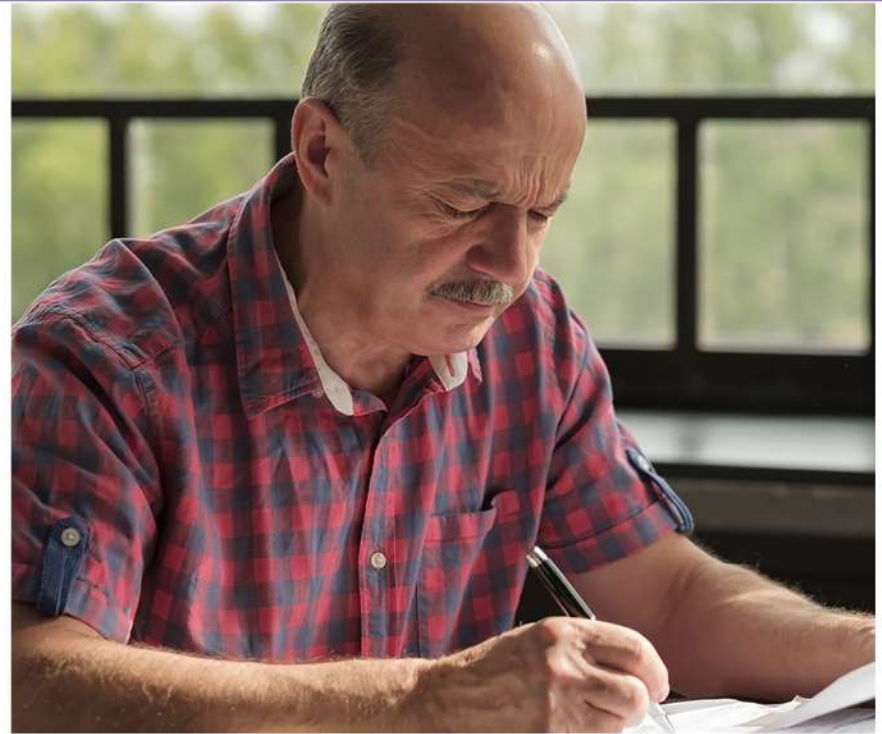
AGES 75 AND OLDER

Your doctor can help you decide if you should continue screening.



[www.mdanderson.org/screening](http://www.mdanderson.org/screening)

# Get tested for hepatitis C



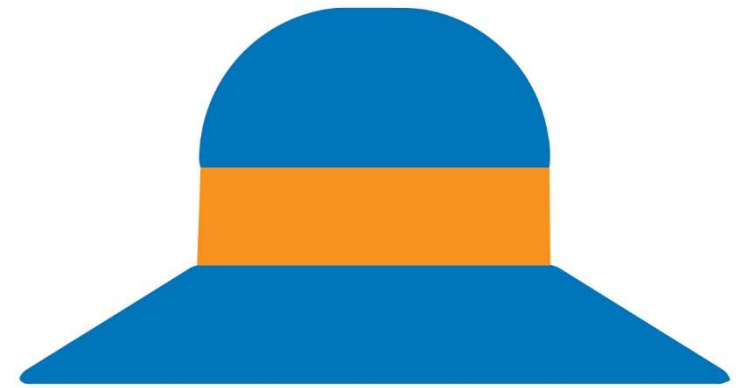
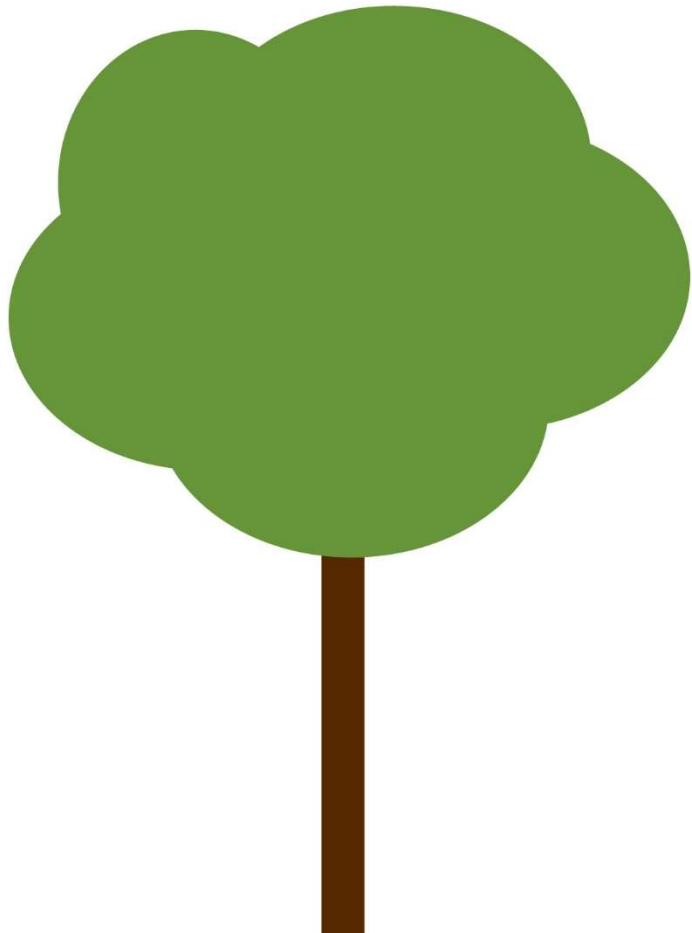
8

Protect  
yourself  
from  
UV Rays





# Protect your skin



# 9

## Know your family history



# I can lower my risk for cancer by...



# I can lower my risk for cancer by...



One goal: ~~cancer~~<sup>®</sup>



# Cancer prevention presentations

All programs  
are **FREE**

## Topics include:

- Cancer prevention overview
- Healthy eating and staying active
- Breast cancer prevention
- Women's cancer symptoms
- Skin cancer prevention
- Vaping and smoking
- Colorectal cancer prevention
- HPV vaccine

[mdanderson.org/community](https://mdanderson.org/community)

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# Questions?

877-632-6789

[MDAnderson.org/prevention](https://MDAnderson.org/prevention)



[tinyurl.com/mvtf4kpj](https://tinyurl.com/mvtf4kpj)

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MD Anderson  
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# Need motivation to get active?



Join our 8-week Text2Move program.



You will receive a Fitbit and daily text messages to help you get moving.



Email **[Text2Move@MDAnderson.org](mailto:Text2Move@MDAnderson.org)** to sign up.



Help fill a critical need

# Donate blood for cancer patients

Schedule an appointment

[mdanderson.org/bloodbank](https://mdanderson.org/bloodbank) | 713-792-7777

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