



**Prostate
CANCER**



**Liver
CANCER**



**Colorectal
CANCER**



Leukemia



**Skin
CANCER**



**Ovarian
CANCER**

cancer

HEALTHY LIFESTYLE HABITS THAT CAN REDUCE THE RISK OF CANCER

According to the Canadian Cancer Society, about four in 10 cancer cases can be prevented by adopting healthy lifestyle habits. This means you can take steps to reduce your risk of getting cancer.

Here are some choices you can make that will put you on the path to healthy living.

- **QUIT SMOKING.** It's estimated that 30 per cent of all cancer deaths in Canada are a result of smoking. Giving up this habit can reduce your risk of getting cancer.

- **PROTECT YOURSELF FROM THE SUN.** Skin cancer is one of the most common types of cancer, but it's also among the most preventable. Practise sun safety by covering up, seeking shade, using sunscreen, putting on a hat and wearing sunglasses.

- **MAINTAIN A HEALTHY WEIGHT.** You can reduce your risk for several types of cancer if you have a healthy body weight. Consult your doctor to determine what a healthy body weight is for you.

- **EAT A HEALTHY DIET.** A diet composed of a variety of fruits, vegetables, whole grains and lean proteins will provide the nutrients you need and help you maintain your health.

- **LIMIT ALCOHOL CONSUMPTION.** Drinking increases your likelihood of developing cancer, and the less alcohol you consume, the more you reduce your risk. If you do drink, you



should do so modestly and not every day.

- **EXERCISE MORE AND SIT LESS.** A sedentary lifestyle puts you at an increased risk for cancer. Aim to engage in some form of physical activity every day for a minimum of 30 minutes. It's also important to take frequent breaks from sitting.

To learn more about cancer prevention, or to find out how you can make a donation for Daffodil Month, visit cancer.ca.



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