

10 CANCER PREVENTION TIPS

1 Stop, or Never Start, Smoking

Smoking is the number one cause of lung cancer, and the habit contributes to cancers of the esophagus, larynx, mouth, throat, and more.

2 Exercise

Physical activity – even moderate exercise – can reduce the risk not only of developing cancer but of having a recurrence following treatment.

3 Moderate Alcohol Consumption

Alcohol use is linked not just to liver cancer, but to a number of other types, including head and neck, esophageal, breast, and colorectal.

4 Know Your Family History

If there is a strong history of cancer in your family, talk with your physician about genetic counseling.

5 Wear Sunscreen

Throughout the year, sunscreen is an important first line of protection against sun exposure, which can cause skin cancer.

6 Get Immunized

The human papillomavirus and hepatitis B virus vaccines can help prevent cervical and liver cancer, respectively, as well as other forms of cancer.

7 Practice Safe Sex

Safe sex makes you less likely to contract a sexually transmitted infection like HPV or HIV, which increases the risk of other cancers.

8 Get Regular Check-Ups

Make regular appointments with your primary care physician to keep track of any changes in your body.

9 Limit Consumption of Red Meats

Research shows red meat has been linked to an increased risk for colorectal, pancreatic, and prostate cancers.

10 Maintain a Healthy Weight

There is strong evidence that weight gain, being overweight, and obesity increases the risk of 11 cancers, including breast and pancreatic.



Can You Avoid Cancer An Investigation

Clifford Lane



Can You Avoid Cancer An Investigation:

Can You Avoid Cancer? Peter Goodwin, 1984-01 Argues that cancer is not inevitable discusses the factors which increase the probability of developing cancer and briefly summarizes what is known about the disease **National Cancer Institute's Research Programs**, 1999 **Cancer Research and Prevention** United States. Congress. Senate. Committee on Appropriations. Subcommittee on Departments of Labor, Health and Human Services, Education, and Related Agencies, 2003 *Cancer; Its Study and Prevention* Howard Canning Taylor, 1915 Departments of Labor and Health, Education, and Welfare and Related Agencies Appropriations for Fiscal Year 1976 United States. Congress. Senate. Committee on Appropriations, 1975 Media in Education and Development, 1986 **The Journal of Cancer Research**, 1927 Breast Cancer Prevention Study United States. Congress. House. Committee on Government Operations. Human Resources and Intergovernmental Relations Subcommittee, 1994 **Journal of Medico-physical Research**, 1923 **Nature** Sir Norman Lockyer, 1904 The Saturday Review of Politics, Literature, Science and Art, 1910

Contributions from the Cancer Research Laboratories of the Barnard Free Skin and Cancer Hospital and the Dept. of Surgery Saint Louis (Mo.). Barnard Free Skin and Cancer Hospital, St. Louis. Barnard free skin and cancer hospital, 1926 Records of the Proceedings and Printed Papers of the Parliament Australia. Parliament, 1926 **Texas State Journal of Medicine**, 1924 **British Medical Journal**, 1928 Medical Journal of Australia, 1923 **Medical Press and Circular**, 1905 Parliamentary Debates (Hansard). Great Britain. Parliament. House of Commons, 1925 Contains the 4th session of the 28th Parliament through the session of the Parliament **The Parliamentary Debates (official Report)**. Great Britain. Parliament. House of Commons, 1925 Contains the 4th session of the 28th Parliament through the 1st session of the 48th Parliament *Report of the Medical Officer of Health*, 1924

Whispering the Strategies of Language: An Mental Journey through **Can You Avoid Cancer An Investigation**

In a digitally-driven world wherever monitors reign supreme and quick interaction drowns out the subtleties of language, the profound strategies and emotional nuances concealed within words usually go unheard. However, set within the pages of **Can You Avoid Cancer An Investigation** a fascinating literary value sporting with natural emotions, lies an extraordinary journey waiting to be undertaken. Published by a talented wordsmith, this wonderful opus encourages viewers on an introspective journey, softly unraveling the veiled truths and profound influence resonating within ab muscles cloth of each word. Within the psychological depths of this touching review, we will embark upon a heartfelt exploration of the book is core themes, dissect their captivating writing type, and fail to the strong resonance it evokes deep within the recesses of readers hearts.

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