

# FOCUS ON CANCER

Through healthy living and taking part in recommended screening, about 50% of cancers can be prevented.

*Tips to help you focus on cancer prevention and screening:*

- **C**ut back or quit smoking.
- **A**ct now – don't drink alcohol or drink less.
- **N**ourish your body by eating a healthy diet.
- **C**onsult your doctor about cancer screening.
- **E**very day should include physical activity.
- **R**each and keep a healthy weight.
- **S**eek shade when the UV index is 3 or higher.

