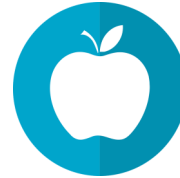


HEALTHY LIFESTYLE TIPS TO LOWER YOUR CANCER RISK

[Learn more about risk factors.](#)

Maintain a healthy diet by creating a colorful plate of plant-based foods. Substitute salty and high-fat foods with healthy alternatives.

[Click for more information.](#)



Take vitamin D to potentially decrease your risk of developing cancer. [Click here for more.](#)

Maintain a healthy body mass index (BMI) by eating a healthy diet and exercising regularly. Calculate your BMI [here](#).



Make time for aerobic exercise, at least 30 minutes per day, or 1 hour, 3-4 times per week. Click [here](#) or [here](#) for more information.

Limit alcohol consumption to 3-4 drinks per week for women, and six for men.

[Click to learn more.](#)



Avoid cigarettes and tobacco products, including e-cigarettes, hookah, and chewing tobacco. For more information, click [here](#).

Protect yourself from sun exposure. Apply sunscreen (SPF 30 or higher) regularly. Wear a hat, sunglasses, and sun-protective clothing.

[Click here for more information.](#)



DOCTOR VISITS

Vaccinate against viruses that may increase your risk for cancer. For more information, click [here](#).



Get screened and ask your health care provider what cancer screenings would be best for you based on your personal and family history. To learn more about male screening and prevention, click [here](#). For female screening and prevention, click [here](#).

Talk about your and your family's health care history with a health care provider. [Click to learn more.](#)



Contact the
**Dana-Farber Center for Cancer
Genetics and Prevention**
for more information:



Call: 617-632-2178 (New Patients)
617-582-7777 (Established Patients)



Visit: www.dana-farber.org/cancergenetics



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