

# Cancer Prevention and Early Detection:

1) Do not use **tobacco**.

2) Eat a **healthy diet**.

- **Add** (plant-based foods):

1. **Fruits** – whole fruits in a variety of colors.

2. **Vegetables** – dark green, red and orange

3. **Whole grains, beans/legumes and nuts** – fiber rich.

- **Limit** the use of:

- 1) **Red and processed meat**.

- 2) **Sugar-sweetened beverages**.

- 3) **Highly processed foods and refined grains**.

- Use **alcohol** in moderation or not at all.

3) Maintain a healthy weight and be physically active:

- **150 minutes of moderate aerobic exercise per week**.

4) Protect yourself from the sun.

- Use a broad-spectrum **sunscreen (SPF of at least 30)** and reapply every 2 hours.

5) Get regular medical care.

- Use your **Annual Physical**.

- Regular self-exams and screenings for various types of cancers increase your chances of discovering cancer early when treatment is most likely to be successful. **Discuss screening** with your PCP at your annual physical.