

6 Steps to Prevent Cancer



1. QUIT TOBACCO.

Tobacco use has been linked to various types of cancer and even if you don't use tobacco, exposure to secondhand smoke might increase your risk of lung cancer. **Need help to stop smoking, vaping, or any other kind of tobacco use? Speak with a Wellview Advisor about our Tobacco Cessation program.**

2. EAT HEALTHY.

Having a healthier diet can reduce your risk significantly. Eat plenty of plant-based foods including fruits, vegetables, and whole grains. Choose fewer high-calorie and high-sugar foods. Limit meat consumption, especially red meat. If you choose to drink alcohol, drink in moderation. **Looking for more guidance? Speak with a Wellview Registered Dietitian.**

3. GET VACCINATED.

Cancer prevention includes protection from viral infections. Talk to your doctor about vaccinations against Hepatitis B, which can prevent liver cancer, and HPV, which can prevent cervical and other genital cancers.

4. GET ACTIVE.

Exercise on its own can lower your risk of breast cancer and colon cancer. Aim to get at least 150 minutes a week of physical activity. You can get there by including only 30 minutes of activity to your daily routine. **A Wellview Personal Trainer can provide some great tips on starting an exercise routine.**

5. PROTECT YOURSELF FROM THE SUN.

We've all heard this one before – skin cancer is one of the most common types but it's also one of the most preventable! Don't skimp on sunscreen and use a broad-spectrum SPF of at least 30. Avoid tanning beds, wear clothing that covers your skin when appropriate, and stay in the shade as much as possible.

6. REDUCE STRESS.

Practice better mental health with stress reduction techniques like meditation, and mindfulness on a daily basis. A full night's sleep also goes a long way so aim to get 7-9 hours every night. **Need some additional support around mental health? Speak with a Wellview Mental Health Professional.**

