

# A TEEN'S GUIDE TO CANCER RISK REDUCTION



## GET THE HPV VACCINE!

The HPV vaccine can reduce your risk of 6 different types of cancers.



## DITCH THE VAPES AND E-CIGS!

E-cigarettes of all types (JUUL, Suorin, mod, pens and more) contain toxic chemicals and nicotine that can increase your risk of cancer.



## SUN PROTECTION!

Apply SPF 30 or higher every 2 hours, clothing, hats and sunglasses to reduce your risk of skin cancer.



## GET EXERCISE AND NUTRIENTS!

Daily exercise, a healthy body weight and eating fruits, vegetables, and whole grains reduce your risk of cancer.



## MONTHLY SELF-EXAMS OF TESTICLES, BREASTS AND SKIN!

Noticing changes in your body can aid in the early detection of several cancers.

Cancer Happens® is a nationwide cancer risk reduction curriculum for teens.

To sign up for our prevention program, contact Cancer Pathways:

206-709-1400 or [info@cancerpathways.org](mailto:info@cancerpathways.org).

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