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.
www.cancerpathways.org