

# TEEN GUIDE TO CANCER RISK FACTORS



## KEEP AWAY FROM TOBACCO

Use of tobacco in any form, including vape products, are unsafe due to toxic and addictive chemicals.

## GET EXERCISE & NUTRIENTS!

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



## GET THE HPV VACCINE

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

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

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



## SUN PROTECTION

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



### Cancer Happens®

is a nationwide cancer risk reduction curriculum for teens.

To learn more, contact us:  
[info@cancerpathways.org](mailto:info@cancerpathways.org)



### CONCERNS?

When possible, share your family history and any other relevant risk factors with your doctor.