**CANCER RISK FACTORS**

TEEN GUIDE TO

AVOID ALL TOBACCO
Tobacco products, including e-cigarettes, contain nicotine and toxic chemicals that can increase your risk of cancer.

MOVE YOUR BODY & EAT WELL
At least 60 minutes of daily physical activity, a healthy body weight and good nutrition can 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
Performing testicular, breast, and skin checks can aid in the early detection of several cancers.

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

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

Looking for more information? View our Additional Resources page

To learn more, contact us: info@cancerpathways.org

BE YOUR OWN ADVOCATE
Share your family history and any other risk factor or concern with your doctor.

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