

# TEEN GUIDE TO CANCER RISK FACTORS



## 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

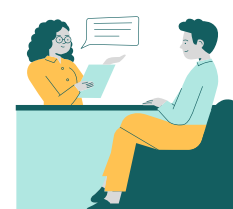
Apply SPF 30 or higher every 2 hours and wear clothing, hats and sunglasses to reduce your risk of skin cancer.



### **Cancer Happens®**

is a nationwide cancer risk reduction curriculum for teens.

**Looking for more information?**  
[View our Additional Resources page](#)



### **BE YOUR OWN ADVOCATE**

Share your family history and any other risk factor or concern with your doctor.

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