

REDUCE YOUR RISK

Total health

No cancer is 100% preventable, but you can reduce your risk of developing many types of cancer by making healthy lifestyle choices, such as **eating a healthy diet, exercising, maintaining a healthy weight, avoiding tobacco and alcohol, and scheduling recommended preventive screenings**. The following guidelines are based on recommendations from U.S. Preventive Services Task Force and other medical experts:

- **Colorectal Cancer**—An initial colonoscopy is recommended for everyone at age 45, or earlier if at increased risk.
- **Prostate Cancer**—Men should consider PSA testing beginning at age 50, or earlier if at increased risk.
- **Breast Cancer**—Women should schedule their initial mammogram at age 40, or earlier if at increased risk.
- **Cervical Cancer**—Women should get their initial Pap test at age 21, or earlier if at increased risk.
- **Skin Cancer**—Examine your skin monthly for any new, changing, or unusual moles or lesions. Apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher whenever you go outside.

Talk to your healthcare provider about what preventive measures are recommended for you.