

Cancer Community Connections

NATIONAL CANCER PREVENTION MONTH



WHAT IS NATIONAL CANCER PREVENTION MONTH?

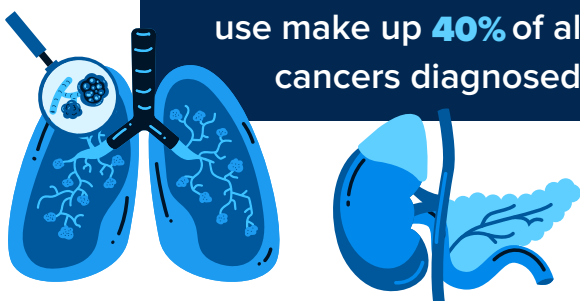
National Cancer Prevention Month is observed to raise awareness about cancer prevention and encourage individuals to adopt **healthy lifestyle choices** that can reduce the risk of developing cancer.

DID YOU KNOW? *Healthy habits may help reduce your risk of cancer!*

HEALTHY TIPS

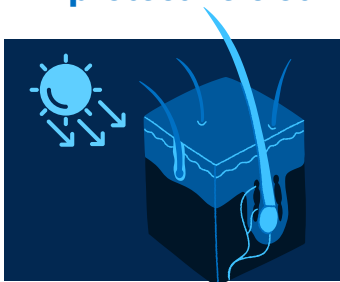
DON'T SMOKE

Cancers linked to tobacco use make up **40%** of all cancers diagnosed.



PROTECT YOUR SKIN FROM THE SUN

Skin cancer is the most commonly diagnosed cancer in the U.S. Wear **sunscreen** or **protective clothing** outside!



Source: Centers for Disease Control and Prevention



GET ROUTINE IMMUNIZATIONS AND CANCER SCREENINGS

Human papillomavirus (HPV) and Hepatitis B virus (HBV) cause over **80%** of cancer-related infections. **Get vaccinated** against HPV and HBV to prevent infections!



Regular cancer screenings can help find and treat certain cancers early.

Talk to your doctor to see what immunizations and/or cancer screenings you may need.

MAINTAIN A HEALTHY WEIGHT AND STAY ACTIVE

About **20% of cancers** result from factors like excess body weight, alcohol consumption, poor diet, and lack of physical activity. To stay healthy, **exercise daily** and **eat a balanced diet!**



CANCER CENTER UPDATE

The Tobacco Cessation Policy Research Center (TCPRC) is a collaborative effort with the mission to enhance healthcare access, facilitate community engagement and achieve equity in health plan coverage.

DISTINGUISHED SPEAKERS IN ONCOLOGY

Join us for the Comprehensive Cancer Center's monthly Distinguished Speakers in Oncology lecture series. Explore the future of cancer research with renowned experts.

Stay connected with us!
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Office of Community Outreach and Engagement