

Help Me Help You



Serving the Underserved

Cancer Awareness and Prevention

CANCER PREVENTION CHECKLIST

FOR HOME USE



✓ Quit smoking and avoid secondhand smoke



✓ Eat at least 5 servings of fruits and vegetables daily



✓ Exercise at least 30 minutes a day, 5 days a week



✓ Limit alcohol intake (no more than 1 drink/day for women, 2 for men)



✓ Get vaccinated against HPV and Hepatitis B



✓ Wear sunscreen daily and avoid tanning beds



✓ Know your family's cancer history and discuss it with your doctor



✓ Schedule age-appropriate screenings:

- Mammogram (starting at age 40 or earlier if family history)
- Colonoscopy (starting at age 45)
- Pap smear (starting at age 21)
- PSA test for prostate cancer (Black men starting at age 45)

Stay consistent and track your prevention habits monthly!