



Be Proactive. Be Well.

The actions we take each day build up over time to fuel us or slow us down. Caring for our health and wellbeing daily can help to reduce our risk of developing cancer and other chronic conditions.

Critical ways to care for our health include annual doctor's visits and consistent cancer screening tests.

Your healthcare provider is the right person to speak with about important risk factors and the best screening options for you. Recommended screenings and screening frequency will vary based on your own personal risk factors, which include things like age, family history, genetics, diet and exercise, or tobacco and alcohol use.¹

Depending on your specific screening needs, consider discussing the following cancer screenings with a healthcare provider:

- » Colorectal cancer screening
- » Prostate cancer screening
- » Breast cancer screening
- » Cervical cancer screening
- » Lung cancer screening
- » Skin cancer screening

But that's not all we can do. At least 40% of cancers that are newly diagnosed in US adults each year are considered potentially avoidable, meaning we can be actively working to reduce our cancer risks.¹ Everyone has some level of cancer risk, but many factors, including lifestyle choices, family history, and genetics, help shape that risk in different ways.¹

Below are some additional actions that may help to reduce the risk of cancer:²

- » Physical movement and exercise
- » Eating healthy and nourishing foods
- » Avoiding or reducing tobacco and alcohol use
- » Using sun protection

This material is to be used for informational purposes only and is not intended to be exhaustive, nor should any of the materials be construed as professional or medical advice.

1. American Cancer Society. (2025). Cancer Facts & Figures 2025. American Cancer Society. <https://www.cancer.org/research/cancer-facts-statistics/all-cancer-facts-figures/2025-cancer-facts-figures.html>

2. American Cancer Society. (2025). You can help reduce your cancer risk. American Cancer Society. <https://www.cancer.org/content/dam/cancer-org/cancer-control/en/booklets-flyers/help-reduce-cancer-risk.pdf>