

Reducing Cancer Risks

45 % of cancers are **preventable!**

Lifestyle **changes** reduce cancer risks:

Quit smoking, reduce alcohol, eat well (more vegetable and fruits, more fibres, less red meat, less processed meat, less salt), keep healthy weight, stay active, protect your skin, get screened, consider vaccination, avoid toxins

For more information:

www.albertapreventscancer.ca

www.cancer.ca

www.myhealth.alberta.ca

or call 811

Stay healthy!

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Reducing Cancer Risks Activity

Now that we have talked about some lifestyle changes to reduce your cancer risks. How are you doing with your lifestyle now and how are you going to make your lifestyle a healthier one? (Please write with details)

Lifestyle	Lifestyle changes
Quit smoking http://www.smokershelpline.ca/	
Drink alcohol wisely	
Eat well	
Keep a healthy weight	
Stay active	
Protect your skin	
Get screened	
Consider vaccinations	
Avoid toxins	
Take Vitamin D3	

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