

# 7 tips to prevent cancer

- 1 Don't smoke**  
Use of any type of tobacco creates a higher risk for cancers.
- 2 Eat a healthy diet**  
Consuming fruits and vegetables promotes the production of healthy, cancer-fighting cells.
- 3 Protect your skin**  
Avoid too much direct sun exposure.
- 4 Know your family's health history**  
Having a family history of cancer increases your risk of getting cancer.
- 5 Stay active**  
Maintaining a healthy weight may lower your risk for various types of cancers.
- 6 Practice safe sex**  
People who have HIV or AIDS have a higher risk of cancer of the anus, liver, and lung.
- 7 Get immunized**  
Being immunized for viruses such as HPV and hepatitis B may reduce your risk of developing cancer.