

Steps You Can Take to Prevent Cancer

This program is presented by the Centers for Disease Control and Prevention.

Almost everyone knows someone who's been affected by cancer – a family member, a friend, your best friend's brother. What you might not know is that the number of new cases *can* be reduced, and many cancer deaths *can* be prevented. This podcast will help you learn how to reduce your cancer risk. One in three cancer deaths can be avoided through prevention, and another third through early detection and treatment.

Screening for cervical and colon cancers helps prevent these diseases by finding precancerous lesions so that they can be treated before they become cancer. Screening for cervical, colon, and breast cancers also helps find these diseases at an early, often highly treatable, stage.

Your cancer risk can be reduced by avoiding tobacco, limiting alcohol use, avoiding excessive exposure to ultraviolet rays from the sun and from tanning beds, eating a diet rich in fruits and vegetables, maintaining a healthy weight, and being physically active.

Vaccines can also help reduce cancer risk. The human papillomavirus, or HPV, vaccine helps prevent most cervical cancers and some vaginal and vulvar cancers, and the hepatitis B vaccine can help reduce the risk of liver cancer.

CDC is working on a number of initiatives to reduce the burden of cancer around the world. For more information, please visit www.cdc.gov/cancer.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.