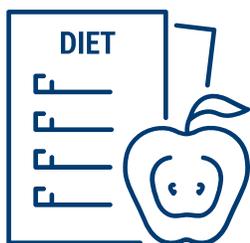


Cancer Prevention Plan



Maintain a healthy lifestyle by following a balanced diet, limiting processed foods, and avoiding alcohol



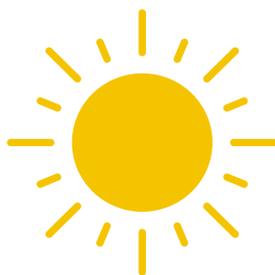
Discuss Smoking Cessation and Lung Cancer Screenings



Begin a daily exercise plan to prevent obesity



Discuss your family history and schedule preventative care visits/screenings



Protect your skin from the sun by using sunscreen or covering your skin



See your primary care physician to discuss your healthcare needs, including medication