



It's true:

Women, you can take control of your health.

Take control of your health and help reduce your cancer risk by making healthy lifestyle choices:

Stay away from all forms of tobacco.

Stay at a healthy weight.

Get moving with regular physical activity.

Eat healthy with plenty of fruits and vegetables.

Limit yourself to no more than 1 alcoholic drink a day.

Protect your skin from the sun.

Know yourself, your family history, and your risks.

Have regular check-ups and cancer screening tests.

Talk to your doctor to know what's right for you.

Visit [cancer.org](https://www.cancer.org) or call **1-800-227-2345** to learn more about reducing your risk of cancer.