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 or call 1-800-227-2345 to learn more about reducing your risk of cancer.