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# Simple steps to reduce your cancer risk



Cancer can touch anyone, but there's power in taking action to protect your health. With regular preventive screenings and healthy choices, you're doing what you can to stay a step ahead of cancer.

## The benefits of early cancer detection

Screening checks your body for cancer before you notice symptoms. Regular screenings can catch cancer in early stages when it's still localized. By the time symptoms appear, cancer may have already spread to other parts of the body. This can make it harder to treat or cure.[1]



## Get recommended cancer screenings

Talk with your doctor about your risk factors and ask which common preventive cancer screenings may be right for you. They include:

- Breast cancer screening (mammography).
- Cervical cancer screening (Pap tests and other gynecological exams).
- Colorectal cancer screening.
- Prostate cancer screening (PSA test).
- Lung cancer screening (low-dose CT scan).
- Skin cancer screening.

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# Make healthy lifestyle choices a habit

## Eat healthy foods

What you eat can impact your cancer risk. Choose fruits, vegetables, whole grains, and beans, and limit red or processed meats.[2] Eating well can help you stay at a healthy weight, which further lowers your cancer risk.[3] Being overweight (having a body mass index of 25 to 29.9) or obese (body mass index of 30 or more) can raise your chances of developing cancers like breast, pancreatic, uterine, and colorectal.[3]

## Get moving

Being active can help you stay at a healthy weight while also lowering your risk of cancers like bladder, breast, or colon.[4] Aim for at least 150 minutes a week of moderate exercise, like brisk walking, or 75 minutes of intense exercise, like running or swimming laps. Mixing both types works, too.[5]

## Use sunscreen

Skin cancer is the most common type of cancer in the United States. Too much sun can cause skin cancer. To protect yourself, use broad spectrum sunscreen with a sun protection factor (SPF) of 15 or higher, stay in the shade, and wear hats or long sleeves — especially if you're outdoors midday.[6] Regularly check your skin for new or changing moles, sores, or other skin growths, and tell your doctor about them.[7]

## Don't use tobacco

Avoid using tobacco products like cigarettes, cigars, vapes, and chewing tobacco because they have cancer-causing chemicals. Smoking is linked to many cancers, including lung cancer, which is the leading cause of cancer death. The good news is, quitting tobacco can lower your risk of cancer, heart disease, and other health issues. Even if you already have smoking-related health problems, quitting can help improve your health. Plus, it protects your loved ones from the dangers of secondhand smoke.[8]



## Do what you can to be cancer-free

Find personalized cancer screening guidelines at **anthem.com/preventive-care.**

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Sources:

1 National Cancer Institute: *Cancer Screening Overview (PDQ®) — Patient Version* (October 20, 2023): cancer.gov.
2 National Library of Medicine: *Diet and cancer* (April 13, 2023); medlineplus.gov.
3 Centers for Disease Control and Prevention: *Obesity and Cancer* (January 14, 2025); cdc.gov.
4 Centers for Disease Control and Prevention: *Physical Activity and Cancer* (March 20, 2024); cdc.gov.
5 Centers for Disease Control and Prevention: *Adult Activity: An Overview* (December 20, 2023); cdc.gov.
6 Centers for Disease Control and Prevention: *Reducing Risk for Skin Cancer* (July 1, 2024); cdc.gov.
7 National Library of Medicine, Medline Plus: *Skin Cancer Screening* (December 15, 2022); medlineplus.gov.
8 Centers for Disease Control and Prevention: *Benefits of Quitting Smoking* (May 15, 2024); cdc.gov.



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