



# Simple steps to reduce your cancer risk

Cancer affects people of all different ages and backgrounds. Sometimes it can't be avoided, but you can still take action to protect your health. By making healthy choices and having regular preventive screenings, you're doing what you can to stay a step ahead of cancer.

## The power of preventive screenings

Cancer is most treatable when it's detected early, before symptoms appear. At this point, the cancer is usually still "local" and contained to one organ or part of the body.

Preventive cancer screenings help detect cancer during the local stage, before it spreads to other parts of the body and becomes more difficult to treat successfully.<sup>1</sup>



### Recommended cancer screenings

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Discuss your individual risk factors with your doctor and ask which preventive cancer screenings may be right for you. Common cancer screenings include:

- **Breast cancer screening** (mammography)
- **Cervical cancer screening** (Pap tests and other gynecological exams)
- **Colorectal cancer screening**
- **Prostate cancer screening** (prostate-specific antigen (PSA) test)
- **Lung cancer screening** (low-dose CT scan)



## Take action to lower your cancer risk



### Eat healthy and move your body

Being overweight (having a body mass index of 25 to 29) or obese (body mass index of 30 or more) increases the risk of certain cancers, including uterine, breast, pancreatic, and colorectal.<sup>2</sup> Living a healthy lifestyle through healthy eating and regular exercise can help lower your risk of developing cancer.



### Use sunscreen

Skin cancer is the most common type of cancer in the U.S.<sup>3</sup> Protect your skin from the sun by using a sunscreen with a sun protection factor (SPF) of at least 15, staying in the shade, and wearing clothing like a hat or long sleeves — especially if you plan to be outdoors in the middle of the day.<sup>3</sup> Remember to also check your skin regularly for any changes or new moles, and report them to your doctor.



### Stop smoking

Don't use tobacco and avoid cigarette smoke. Smoking is linked to at least 10 cancers, including lung, mouth, throat, larynx, pancreatic, and urinary bladder cancer. On top of that, lung cancer is the leading cause of cancer death for both men and women. Even if you already have a smoking-related illness, you'll see health benefits from quitting.<sup>4</sup>

## Be confident that you're cancer-free

Find personalized cancer screening guidelines at [anthem.com/preventive-care](https://www.anthem.com/preventive-care).

<sup>1</sup> Centers for Disease Control and Prevention: *How to Prevent Cancer or Find It Early* (accessed July 2022): [cdc.gov](https://www.cdc.gov).

<sup>2</sup> Centers for Disease Control and Prevention: *Obesity and Cancer* (accessed July 2022): [cdc.gov](https://www.cdc.gov).

<sup>3</sup> Centers for Disease Control and Prevention: *Skin Cancer* (accessed July 2022): [cdc.gov](https://www.cdc.gov).

<sup>4</sup> Centers for Disease Control and Prevention: *Smoking & Tobacco Use* (accessed July 2022): [cdc.gov](https://www.cdc.gov).

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