



Healthy habits are your best defense

Everyone is touched by cancer in some way. The good news is that a healthy lifestyle can reduce your risk for developing certain cancers – and screenings and early detection help save countless lives every year.

Be proactive

Stay up to date with preventive screenings. Tell your doctor about your family health history because some cancers can be hereditary. And pay attention to your body – if something doesn't look or feel right, have it checked out.

Boost immunity with a healthy diet

Eating mostly plant-based foods lowers your risk for many types of cancer. A diet rich in fruits and veggies can also help you stay at a healthy weight. Being overweight or obese can raise your risk for certain types of cancer.

Let go of unhealthy habits

Smoking and heavy drinking are well known to raise your risk for cancer – along with other health problems. If you smoke, quit. And if you drink alcohol, cap it at 2 drinks a day for men, and 1 drink a day for women.

Explore our innovative approach to cancer treatment and prevention at kp.org/cancercare and follow us [@kpthrive](https://twitter.com/kpthrive).



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