



Be Healthy Be Happy



Take Control of Your Health and Reduce Your Cancer Risk

There are things you can do to help you stay healthy and lower your risk of getting cancer. Some of them may be easier than you think.

**PREVENT
GLOBAL
HPV CANCERS**



CAPED
Cancer Awareness, Prevention
and Early Detection Trust

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Stay away from all forms of tobacco.

Tobacco use increases the risk of many cancers, including lung and oral cancers. All forms of tobacco, including cigarettes, beedis, gutkha, chewing tobacco, and tobacco toothpaste and paan with tobacco are harmful.



Get regular exercise.

You should get at least 75-150 minutes of strong exercise, or 150-300 minutes of mild exercise every week.



Eat healthy.

Eat many fruits, vegetables, and whole grains (like wheat, millet, barley, unpolished rice and brown bread). Eat limited amounts of red meat (goat, pork and lamb), processed meat, or processed (refined) foods. Instead, eat chicken, fish, or legumes (peas & beans).



Get to and stay at a healthy weight.

Being overweight or obese can raise your risk of many different types of cancers.



It's best not to drink alcohol.

If you do drink, women should have no more than 1 drink per day and men should have no more than 2 drinks per day.



Know yourself, your family history, and your risks

Discuss the same with a doctor.



Have regular check-ups and cancer screening tests.

Screening tests can find cancer before you have symptoms when treatment is more effective. Ask a doctor which screening tests you need.



Warning signs of cancer

Having any of these signs does not mean you have cancer, but you should see a doctor right away so he or she can decide if there is anything to be concerned about.

- Tiredness that doesn't get better with rest.
- Weight loss or gain for no known reason.
- Change in bowel or bladder habits.
- A sore throat that does not heal.
- Unusual bleeding or discharge for no known reason.
- Thickening or lump in breast or other part of the body.
- Pain with no known reason that doesn't go away or gets worse.
- Indigestion or trouble swallowing that doesn't go away.
- Obvious change in wart or mole.
- Cough or hoarseness that does not go away.