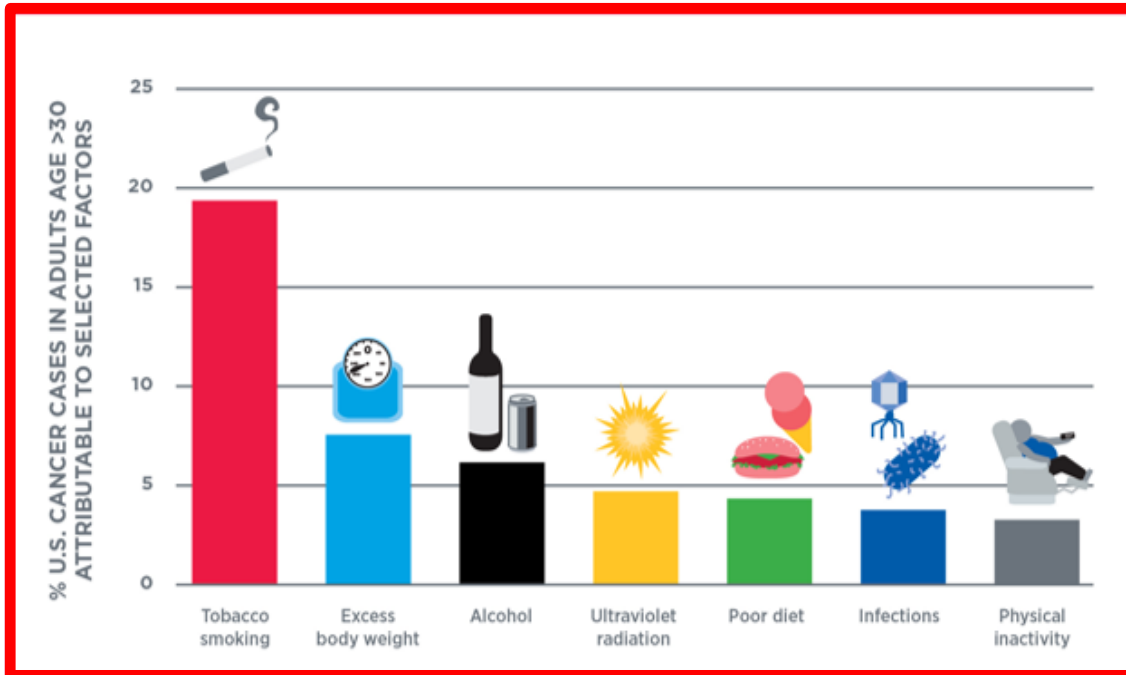




## Modifiable Risk Factors in Cancer Prevention



Prevention of cancer remains the most promising strategy for reducing both its incidence and the mortality due to cancer. Modifiable risk factors are behaviors and exposures that can raise or lower a person's risk of cancer. They are modifiable because they can, in theory, be changed. Modifiable risk factors offer an important strategy for cancer prevention. Here are a few modifiable risk factors for your consideration to reduce your risk of cancer.

- Make healthy dietary choices.
- Increase physical activity.
- Maintain a healthy weight.
- Stop (or don't start) the use of tobacco: **Cigar smoking increases the risk of dying from oral, laryngeal, or esophageal cancers by 4 to 10 times (compared to a nonsmoker).**
- Moderate alcohol intake.
- Use sunscreen.