

WE FIGHT

Vegetables and fruits	3x a week	Dermatologist	Red meat and processed meats	PSA blood test
Cervical Cancer	Use sun screen	Prostate Cancer	African Americans	Stress reduction
Weight control	Age 50	FREE	Light color clothing	Lung Cancer
Self-breast exam	Males	Quit using tobacco	Early detection	Pap test
Breast Cancer	Second hand smoke	Chronic exposure to the sun	Yearly mammograms	Colorectal Cancer

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Weight control	Yearly mammograms	African Americans	Males	Cervical Cancer
Red meat and processed meats	Lung Cancer	Dermatologist	Pap test	Age 50
Light color clothing	3x a week	FREE	Early detection	Quit using tobacco
Colorectal Cancer	Vegetables and fruits	Chronic exposure to the sun	Self-breast exam	Breast Cancer
PSA blood test	Family history	Stress reduction	Prostate Cancer	Use sun screen

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Self-breast exam	Early detection	Weight control	Colorectal Cancer	Red meat and processed meats
Second hand smoke	Stress reduction	Yearly mammograms	Males	Age 50
Quit using tobacco	African Americans	FREE	Light color clothing	Dermatologist
Family history	PSA blood test	Breast Cancer	3x a week	Vegetables and fruits
Use sun screen	Prostate Cancer	Lung Cancer	Pap test	Chronic exposure to the sun