

B	I	N	G	O
Yearly mammograms	3x a week	Colorectal Cancer	Stress reduction	PSA blood test
Cervical Cancer	Weight control	Prostate Cancer	African Americans	Self-breast exam
Vegetables and fruits	menopause	FREE	Age 50	Light color clothing
Lung Cancer	Use sun screen	Males	Family history	Pap test
Early detection	Breast Cancer	Red meat and processed meats	personal health issues	Chronic exposure to the sun

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

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