Vegetables and fruits	3x a week	Dermotologist	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	Dermotologist	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	Dermotologist
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

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