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

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

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

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