

B	I	N	G	O
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	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	Family history

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

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