

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

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

Self-breast exam	Family history	Weight control	Dermatologist	Red meat and processed meats
Second hand smoke	Stress reduction	Yearly mammograms	Males	Change
Quit using tobacco	Cervical Cancer	FREE	Light color clothing	Early detection
Hope	PSA blood test	Check	Breast Cancer	Vegetables and fruits
Use sun screen	Prostate Cancer	Lung Cancer	Pap test	Colorectal Cancer