

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

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

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