

# 3 Cancer Prevention Strategies



## 1. Maintain A Healthy Weight

According to the Centers for Disease Control and Prevention (CDC), "Research has shown that being overweight or obese substantially raises a person's risk of getting endometrial (uterine), breast, prostate, and colorectal cancers." The American Cancer Society backs up this assertion, adding, "In the United States, overweight and obesity contribute to 14%-20% of all cancer deaths."

## 2. Limit Alcohol

The 2020-2025 Dietary Guidelines committee recommends no more than one daily drink. The CDC says the less alcohol you drink the lower your risk for certain cancers.



## 3. Avoid Tobacco Use

The National Cancer Institute maintains, "Smoking causes about 30 percent of all U.S. deaths from cancer. Avoiding tobacco use is the most important step Americans can take to reduce the cancer burden in this country."

