

# run for cover



## Practice precautions to reduce your risk of cancer.

Several studies have shown that healthy lifestyle changes, like being more physically active, can lower your risk of developing certain cancers.

While there are no guaranteed ways to prevent cancer, there are things you can do that might help. Protect your skin between 10 a.m. and 4 p.m., when sunlight is strongest. Avoid toxins, like those found in paints and pesticides, at work or home. And women and men age 26 or younger can get the HPV shot, which may prevent cervical cancer and anal cancer.

But most importantly, get regular checkups and recommended screenings. Early detection of cancer increases the chances of successful treatment, and that's good news for everyone.

Visit [kp.org/cancer](http://kp.org/cancer) to learn more about cancer and reducing your risk.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Ohio • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232

### Protection factor

Make sure your bases are covered when it comes to cancer:

**Gut check.** Eat more vegetables and limit red meat to help reduce your chances of getting colon cancer.

**Boot tobacco.** Quit smoking to lower your likelihood of developing cancer of the mouth, throat, and esophagus.

**Savor your sips.** Drink alcohol in moderation – one drink a day for women and two for men.