

VCU MASSEY COMPREHENSIVE CANCER CENTER

## CANCER PREVENTION & RISK REDUCTION

While not all cancers can be prevented, there are several ways to reduce your risk.

Developing healthy habits and limiting harmful exposures may help lower or even prevent your chances of developing cancer.

### Ways to lower your cancer risk

- Don't smoke or use tobacco products
- Maintain a healthy weight
- Eat a healthy diet that is high in fiber, low in red and processed meats and limit solid fats and added sugars
- Avoid alcohol use
- Move more, sit less and exercise regularly
- Stay up to date on cancer screenings and vaccinations, including the HPV vaccine
- Wear sunscreen and clothing protective of UV rays, minimize peak sun exposure
- Learn about your family history of cancer
- Get regular check-ups with a primary care provider

Scan the QR code  
to learn more








**Need help connecting to prevention resources or cancer screening?**

Massey's Office of Community Outreach & Engagement can help.

engagemassey@vcu.edu | (804) 628-0896  
vcumassey.org/coe

# Know your cancer screening guidelines – early detection saves lives!

Type of cancer and testing options	Recommended age to begin screening*
<b>Breast:</b> Mammogram 	<b>Ages 40-44:</b> May choose to begin screening annually <b>Age 45:</b> Begin screening annually <b>Age 55:</b> Continue screening every 2 years
<b>Cervical:</b> Pap and/or HPV testing 	<b>Ages 21-25:</b> Begin screening every 3-5 years
<b>Colorectal:</b> Colonoscopy or FIT kit 	<b>Age 45:</b> Begin screening, earlier if you have a family history
<b>Lung:</b> Low-dose CT scan 	<b>Age 50:</b> If you are a current or past smoker, ask about screening
<b>Prostate:</b> PSA test 	<b>Age 45:</b> Talk to your provider about whether prostate cancer screening is right for you

\*Screening guidelines for individuals of average risk; consult with your provider