

CANCER PREVENTION

MORE THAN 40% OF ALL CANCERS ARE PREVENTABLE

CANCER RISK FACTORS



TOBACCO USE & EXPOSURE

Tobacco use is the leading preventable cause of cancer and cancer deaths. Tobacco use causes at least **12 TYPES OF CANCER**.



EXCESS BODY WEIGHT, PHYSICAL INACTIVITY & POOR DIET

Overweight and obesity are associated with at least 13 different types of cancer. These cancers make up **40% OF ALL CANCERS** diagnosed. Physical inactivity and poor diet contribute to overweight and obesity.



DRINKING ALCOHOL

Drinking alcohol raises the risk of some cancers. The less alcohol you drink, the lower the risk of cancer.



ULTRAVIOLET (UV) EXPOSURE

Skin cancer is the most common kind of cancer. The most preventable cause of skin cancer is overexposure to UV light, either from the sun or tanning beds.



HPV INFECTION

Cervical cancer is the most common HPV-associated cancer among women, and oropharyngeal cancers (cancers of the back of the throat, including the base of the tongue and tonsils) are the most common among men.



SOUTH DAKOTA
**CANCER
COALITION**



SOUTH DAKOTA
DEPARTMENT OF HEALTH

ACTION STEPS

TO PREVENT CANCER

AVOID TOBACCO USE AND EXPOSURE



- Kick the habit for good if you currently use tobacco
- Reduce exposure to secondhand and thirdhand smoke

LIMIT ALCOHOL INTAKE



- Limit intake to no more than 2 drinks per day for men and 1 drink per day for women

REDUCE SUN EXPOSURE AND AVOID INDOOR TANNING



- Stay in the shade
- Wear a wide-brimmed hat and sunglasses that block UVA & UVB rays
- Wear a broad spectrum sunscreen with SPF 15+
- Avoid indoor tanning



MAINTAIN A HEALTHY WEIGHT



EAT HEALTHY



BE ACTIVE

- Achieve 150 minutes of physical activity per week
- Include strength training exercises at least two days per week
- A healthy diet includes fruits, vegetables, whole grains, fat-free or low-fat dairy products, lean meats and reduced sugar intake

GET VACCINATED FOR HPV



- Recommended for males and females ages 11-12, vaccination may occur through age 26

GET SCREENED FOR CANCER



- Recommended screenings for breast, cervical, colorectal (colon) and lung cancer can find cancer early and in some cases prevent cancer from occurring

SET YOUR CANCER PREVENTION GOALS TODAY!

Goal 1 _____

Goal 2 _____

Goal 3 _____

1000 copies of this brochure were printed by the South Dakota Department of Health at a cost of \$0.22 each.

SD QuitLine: www.sdquitline.com
or 1.866.SD-QUITS

Healthy SD: www.healthysd.gov

New American Plate Challenge:
www.napchallenge.org

ACS: www.cancer.org

CDC: www.cdc.gov/cancer/skin

South Dakota Immunization Program:

<https://doh.sd.gov/family/childhood/immunization/>
or 1-800-592-1861

SD DOH Cancer Programs:

<https://getscreened.sd.gov/>
or 1-800-738-2301