



**PREVENTION
IS THE CURE**

Personal Tips for Cancer Prevention

1. Don't smoke. If you do smoke, cut back as much as you can, and keep smoke away from others.
2. Aim to eat a diverse, largely plant-based diet, as fresh, local and organically grown as possible. Drink lots of pure water, filtered if necessary, and avoid sugary drinks and alcohol. Cook vegetables lightly if at all. Don't burn or char your food. Use glass and stainless steel for food storage and cooking. Avoid plastics.
3. Be physically active, outdoors if possible – and have fun doing it! Sweating is good.
4. Make sure you get enough vitamin D, through careful exposure to sunshine, or supplements. Avoid tanning beds.
5. Choose personal care products wisely, without fragrances, phthalates or other toxins.
6. Take care indoors. Remove shoes, eliminate mould and dampness and avoid smoke. Dust and clean well, using soap and water, vinegar, baking or washing soda (not along with vinegar) or oxygen bleach for most household cleaning. Look for toxin-free materials for home renovations. Check for asbestos and lead in older buildings, and test your basement for radon.
7. Be aware of toxins in the workplace. Use personal protection, shower and change at work, and lobby for least-toxic practices. Ask your doctor about melatonin for shift work.
8. Avoid cancer-causing infections - practice safe sex and don't share anything that contacts body fluids (needles, pipes, etc.).
9. Ask your doctor for medical imaging, if needed, that involves the least possible radiation.
10. Be careful with wireless communications devices. Don't let children use them.
11. Learn to deal with stress. Get enough sleep. Cultivate supportive social networks.
12. Use least-toxic pest control at home, and work to stop pesticide use in your community.

“Live lightly” on this earth.

Learn more and take action to help prevent cancer in your community.