

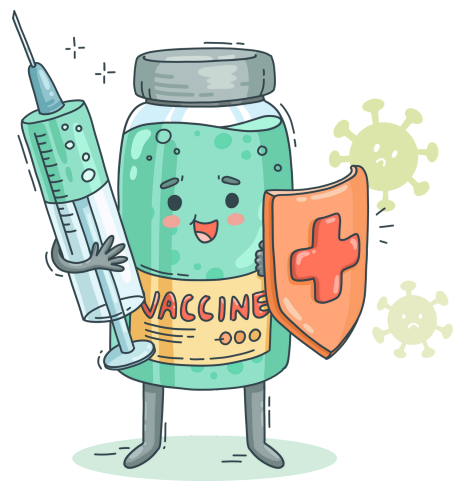
Act Now to Prevent Cancer



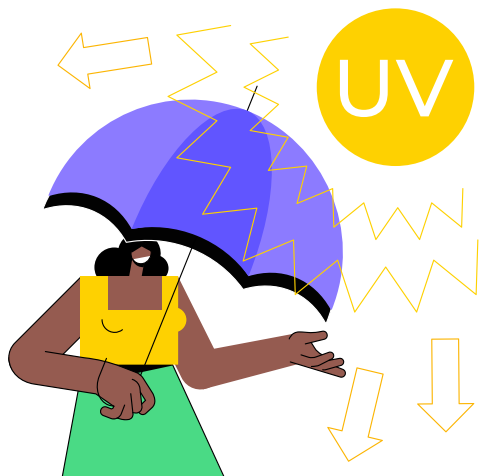
Prioritize **early detection** through routine screenings.



Maintain a **healthy weight**—stay **physically active** and include exercise in your daily routine.



Get **vaccinated** against HPV and Hepatitis B.



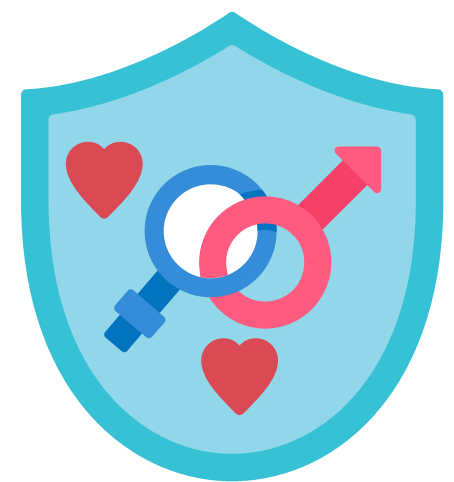
Minimise **radiation** exposure—avoid unnecessary X-rays without medical advice.



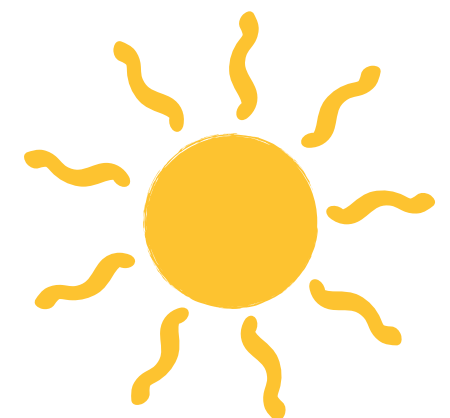
Avoid tobacco and **limit alcohol** consumption.



Eat a **balanced diet** rich in fresh fruits and vegetables; avoid fast food.



Practice **safe sex**—avoid multiple partners, early marriages.



Minimise the **sun exposure** - use sunscreen and sun glasses