

Act Now to Prevent Cancer



Prioritize **early detection** through routine screenings.



Avoid **tobacco** and **limit alcohol** consumption.



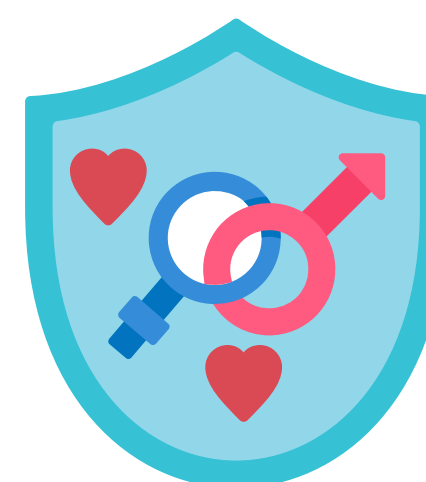
Maintain a **healthy weight**—stay **physically active** and include exercise in your daily routine.



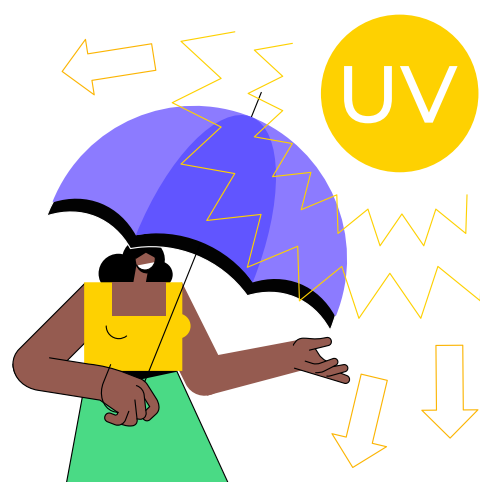
Eat a **balanced diet** rich in fresh fruits and vegetables; avoid fast food.



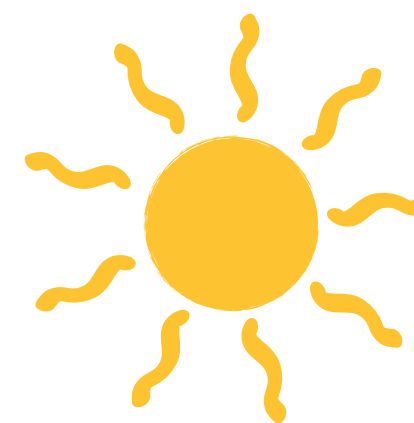
Get **vaccinated** against HPV and Hepatitis B.



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



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



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

Healthy Habits & Regular Check-ups Prevent Cancer!