



## Prevention is your best defense

Everyone is touched by cancer in some way. The good news is that a healthy lifestyle can reduce your risk for developing certain cancers – and screenings and early detection help save countless lives every year.

### Be proactive

Stay up to date with preventive screenings. Tell your doctor about your family health history because some cancers can be hereditary. And pay attention to your body – if something doesn't look or feel right, have it checked out.

Visit [kp.org/cancercare](http://kp.org/cancercare).

### Boost immunity with a healthy diet

Eating mostly plant-based foods lowers your risk for many types of cancer. A diet rich in fruits and veggies can also help you stay at a healthy weight. Being overweight or obese can raise your risk for certain types of cancer.

### Let go of unhealthy habits

Smoking and heavy drinking are well known to raise your risk for cancer – along with other health problems. If you smoke, quit. And if you drink alcohol, cap it at 2 drinks a day for men, and 1 drink a day for women.

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