

Protect Yourself Inside and Out

According to the World Health Organization, 30–50% of cancers are preventable through healthy lifestyle habits. Prevention is powerful, reducing costs and significant health risks associated with a cancer diagnosis. Here are six steps to support your overall health and well-being while helping to keep cancer at bay.

1. Don't smoke.

Nearly 12% of Texans smoke, and smoking remains the leading cause of cancer death in the U.S. It accounts for roughly 80% of lung cancer cases nationwide. Research consistently shows that non-smokers and smokers who quit live healthier, longer lives. Quitting is one of the most important actions you can take to protect your lungs.

2. Limit alcohol.

Alcohol is classified as a Group 1 carcinogen by the International Agency for Research Cancer (IARC) and is linked to an increased risk of at least seven types of cancer. Reducing or eliminating alcohol consumption can lower your risk of developing alcohol-related cancers.

3. Maintain a healthy and nutritious diet.

Eating a balanced diet rich in lean protein, whole grains, fruits, vegetables, and fiber can bolster your body's defenses against cancer and other illnesses. Limit consumption of overly processed foods and those high in added sugar, sodium, and saturated and trans fats. Staying hydrated is also essential. Drink plenty of water throughout the day.

4. Engage in regular physical activity.

Regular physical activity is associated with a lower risk of several cancers, including breast, colon, endometrial, esophageal, kidney, liver, and stomach cancers. Whether you enjoy biking, swimming, hiking, or simply taking a brisk walk, there are many ways to stay active year-round.

5. Practice sun safety.

Protect your skin from excessive UV exposure by using sunscreen, wearing UV-blocking clothing, and seeking shade, especially between 10 a.m. and 4 p.m., when the sun's rays are strongest.

6. Get regular cancer screenings.

Screening can detect cancer early, when it's most likely to be curable. Unfortunately, most Americans are behind on recommended screenings. Ask your doctor what screenings you need and when to schedule them. You can also perform self-exams, checking for lumps or changes in moles.

Healthy Lifestyle Tools:

- American Cancer Society — Sun Safety Quiz
- American Cancer Society — Exercise Activity Calculator
- Calorie Tracker — Choose one that works best for you.

About Texas Oncology

Founded in 1986, Texas Oncology is an independent, physician-led practice and a member of the US Oncology Network. With more than 550 physicians and 300 locations across Texas, Texas Oncology serves over 250,000 cancer patients each year.

Texas Oncology provides advanced care across 19 specialties and offers a comprehensive clinical trials and research program that has contributed to the development of more than 100 FDA-approved cancer therapies. Learn more at [TexasOncology.com](https://www.texasoncology.com).