

# HEALTHY TIPS FOR THE HOLIDAYS

Start your New Year's resolutions early with these  
**5 STEPS** to help lower your risk for cancer

**1**

## **SCHEDULE A SCREENING:**

Now's a great time to schedule a cancer screening and talk to your loved ones about doing the same.



**2**

## **EAT HEALTHY & STAY ACTIVE:**

Obtaining or maintaining a healthy weight is linked to lowering your risk of 13 types of cancer. Eat smaller portions. Include fruits and vegetables. Exercise at least 5 days a week.



**3**

## **LIMIT ALCOHOL:**

The less alcohol you drink, the lower your risk for cancer. Alcohol intake can increase the risk for 7 types of cancer.



**4**

## **AVOID TOBACCO USE:**

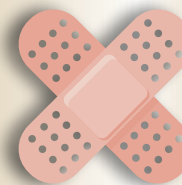
Don't use tobacco products and try to avoid second-hand smoke, which can cause lung and other cancers.



**5**

## **GET YOUR VACCINES:**

The human papillomavirus (HPV) vaccine can prevent 6 types of cancers caused by HPV. The Hepatitis B vaccine can prevent long-term illness that leads to liver disease or liver cancer.



UPMC Hillman Cancer Center, Office of Community Outreach and Engagement  
412-647-1809 | [hillman.upmc.com/patients/early-detection/screenings](http://hillman.upmc.com/patients/early-detection/screenings)

