

Cancer Prevention

Cancer Prevention Tips

MayoClinic | [MayoClinic.Org](https://www.mayoclinic.org)

1. **Get regular medical care:** Regular self-exams and screenings for various cancers, including skin, colon, cervical, and breast cancer, can improve your chances of detecting cancer early.
2. **Eat a healthy diet:** Maintain a balanced diet by including a variety of foods from different food groups, such as fruits, vegetables, whole grains, and lean proteins. Plant-based foods, in particular, are rich in essential nutrients and antioxidants that protect cells from damage.
3. **Protect yourself from the sun:** Skin cancer is one of the most common and preventable types of cancer. To lower your risk, avoid the sun during midday hours, and wear sunglasses and a hat. Use a broad-spectrum sunscreen, even on cloudy days.
4. **Stay physically active:** Regular physical activity may lower the risk of breast and colon cancer. Aim for at least 30 minutes of exercise each day as a general goal.
5. **Maintain a healthy body weight:** Research indicates that obesity can lead to chronic inflammation, which increases the risk of developing various cancers. To manage your weight, limit high-calorie foods, especially those with refined sugars and highly processed ingredients.
6. **Avoid Tobacco and Alcohol Use:** Avoiding tobacco and nicotine products, as well as limiting alcohol consumption, can significantly reduce cancer risk. Smoking has been linked to cancers of the lung, throat, larynx, pancreas, bladder, cervix, and kidney. Similarly, alcohol use is associated with a higher risk of cancers of the mouth, throat, liver, breast, and colon. To reduce your cancer risk, it's best to limit alcohol intake or avoid it altogether.



Pepperdine Resources:

- [Health Advocate, Cancer Screening Guide](#)
- [Farmers Market, Farm Fresh to You, Healthy On-campus Dining Options, Healthy Recipes \(Health Advocate\)](#)
- [DermaScan Facial Screenings](#)
- [Campus Facilities and Equipment, Virtual Pacific Coast Trail](#)
- [On-campus Free Group Fitness Classes, Wellness Coaching Services \(Health Advocate\)](#)
- [Tobacco-Cessation Program \(Health Advocate\)](#)

External Resources

- [**Mayo Clinic: 7 Tips to Reduce Your Risk**](#)
- [**American Cancer Society's Early Detection Facts & Figures**](#)

Contact Information

- **Health Advocate**
myhealthadvocate.pepperdine.edu
866.799.2728
- **Pepperdine Human Resources**
humanresources@pepperdine.edu
310.506.4397