

Cancer Prevention

Cancer Prevention Tips

Healthy lifestyle choices can help reduce the risk of certain cancers, while regular screenings support early detection. Understanding key risk factors and taking proactive steps can help you reduce your risk of developing cancer over time (Mayo Clinic).

GET REGULAR MEDICAL CARE

- Schedule routine medical checkups and discuss recommended screenings with your healthcare provider
- Screenings for skin, breast, cervical, and colon cancers help identify changes early

EAT A HEALTHY DIET

- Eat a balanced, nutrient-rich diet centered around plant-based foods
- Include healthy protein sources, such as beans, fish, and lean poultry

PROTECT YOURSELF FROM THE SUN

- Avoid midday sun, wear sunglasses, and wear a hat to lower skin cancer risk
- Use broad-spectrum sunscreen (SPF 30 or higher), even on cloudy days

STAY PHYSICALLY ACTIVE

- Aim for regular physical activity, which can help reduce the risk of certain cancers

MAINTAIN A HEALTHY BODY WEIGHT

- Limit high-calorie, highly processed foods and refined sugars
- Maintaining a healthy weight may help reduce the risk of several types of cancer

AVOID TOBACCO AND ALCOHOL USE

- Avoid tobacco use and exposure to secondhand smoke, which increase the risk of several types of cancer
- Limit or avoid alcohol to further protect your health

THRIVE

WELLNESS PROGRAM

University Resources

- Employee Assistance Program (EAP)
- Free Tobacco Cessation Program through Health Advocate
- Free group fitness classes
- State-of-the-art facilities, including tennis and pickleball courts, lap pool, track and field, and a fully equipped fitness center
- **Scan the QR code below to access additional resources and helpful links**

Contact Information

Health Advocate
myhealthadvocate.pepperdine.edu
866.799.2728

Pepperdine Human Resources
humanresources@pepperdine.edu
310.506.4397

PEPPERDINE UNIVERSITY

CANCER SCREENING GUIDELINES

NATIONAL FOUNDATION FOR CANCER RESEARCH - WWW.NFCR.ORG

Always consult your healthcare provider to determine the best practices for cancer screenings and prevention based on your individual health needs.

Age	Frequency	Females	Males
18-20	Monthly	Skin self-exam	Skin and testes self-exam
	Annually	Physical	Physical
21-39	Monthly	Skin and breast self-exam	Skin and testes self-exam
	Annually	Physical, clinical breast exam, Pap test	Physical
40-49	Monthly	Skin and breast self-exam	Skin and testes self-exam
	Annually	Physical, mammogram, digital rectal exam, fecal immunochemical test (FIT), Pap test	Physical, prostate-specific antigen (PSA) blood test, digital rectal exam, fecal immunochemical test (FIT)
	Every 5 - 10 years	Colonoscopy	Colonoscopy
50-65	Monthly	Skin and breast self-exam	Skin and testes self-exam
	Annually	Physical, mammogram, clinical breast exam, digital rectal exam, fecal immunochemical test (FIT)	Physical, prostate-specific antigen (PSA) blood test, digital rectal exam, fecal immunochemical test (FIT)
	Every 5 - 10 years	Colonoscopy, HPV/Pap co-test	Colonoscopy
66+	Monthly	Skin and breast self-exam	Skin and testes self-exam
	Annually	Physical, mammogram, clinical breast exam, fecal immunochemical test (FIT)	Physical, prostate-specific antigen (PSA) blood test, digital rectal exam, fecal immunochemical test (FIT)
	Every 5 - 10 years	Colonoscopy	Colonoscopy

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