



**SAN FRANCISCO
HEALTH PLAN™**

Here for you

Top Tips for Cancer Prevention

1. Don't use tobacco.

Avoid secondhand smoke.

- Using tobacco puts you at risk for lung, bladder, cervix, and kidney cancer, as well as cancer of the mouth, throat, and pancreas.
- Secondhand smoke may raise your risk of lung cancer.
- If you need help quitting, talk to your provider. You can also call the California Smokers' Helpline at **1 (800) NO-BUTTS (662-8887)**.

2. Eat a healthy diet.

- Eat plenty of fruits and vegetables.
- Limit sugar (look for sugar in processed foods, not just desserts).
- Avoid sweet drinks (juices and colas have a lot of sugar).
- Limit fat (like butter, oils, fried food, cheese, ice cream, salad dressing).
- If you drink alcohol, limit how much you drink.



3. Get to and stay at a healthy weight. Add physical activity to your daily routine.

- Do at least 30 minutes of physical activity each day.
- Try a fitness class, dance to music at home, or meet a friend for daily brisk walks.



4. Get immunized (for cancer prevention and general health).

- **Hepatitis B.** Hepatitis B can raise your risk for liver cancer.
- **Flu shot.** Flu can be serious, and you need your flu shot every year.
- **Pneumonia vaccine.** Very important for people 65 and over, or those with chronic illness.
- **Human papillomavirus (HPV).** HPV is a sexually transmitted virus that can lead to cervical cancer. The HPV vaccine is for both men and women age 26 or younger.

5. Avoid risky behaviors.

- **Practice safer sex.** Limit your number of sex partners, and use a barrier (like a condom) when you do have sex. The more sex partners you have, the more likely you are to get a sexually transmitted infection – like HIV, Chlamydia, Gonorrhea, or HPV. Some of these can lead to cancer.
- **Don't share needles.** Sharing needles with an infected person can lead to HIV, hepatitis B, and hepatitis C – which can raise your risk for liver cancer. If you're worried about your drug use, get help.

6. See your provider.

- Screening for cancers can help your provider find some cancers early, when treatment is more likely to work. Ask your provider about the best cancer screening plan for you.

Adapted from:

"Cancer prevention: 7 tips to reduce your risk"
Mayo Clinic Adult Health Information,

www.mayoclinic.com/health/cancer-prevention/CA00024

For more information call Customer Service at **(415) 547-7800** or visit www.sfhp.org

Free 24/7 Nurse Help Line (877) 977-3397