

# 5 Tips to Help You Prevent Cancer

Many cancers can be prevented or cured if you find them early.

## 1. See your doctor every year

### At your yearly check-up:

- Ask the doctor what tests you need to check for cancer.
- Ask what other activities or health services can help lower your risk of cancer.



Yearly check-ups are free with most health plans. If you don't have health insurance you can go to a free clinic or community health center.

**Dial the 2-1-1 Helpline** to find a clinic near you.



## 2. Eat a healthy diet, exercise and maintain a healthy weight

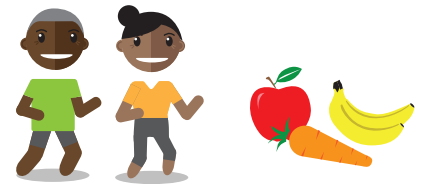
### What can I do?

- Exercise regularly. For example, a brisk walk about 20 minutes a day.
- Eat a diet with lots of fruits and vegetables.
- Limit red and processed meats (lunch meat, hot dogs, etc.)

Lower your risk for 8 different cancers with regular exercise!

### Need Help?

Talk to your doctor. If you are having trouble with your weight, extra help from your doctor or a specialist may be free with health insurance.



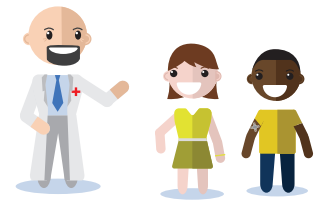
## 3. Get an HPV (Human papillomavirus) shot for yourself or your children

The HPV shot is important for:

- All boys and girls ages 11 and 12 for best protection
- Anyone up to age 26 who did not get the vaccine as a pre-teen

Talk to your doctor.

This shot is free with most health insurance. If you don't have health insurance you may be able to get the shot for free from your local public health department.



The HPV vaccine **protects you** from **6** types of cancer!

For more information go to: [www.cancer.org/healthy](http://www.cancer.org/healthy)

## 4. Stop smoking or using tobacco

**Quitting smoking is one of the best things you can do your for health.**


### Need help?

Call **1-800-QUIT-NOW** (1-800-784-8669). They have free support over the phone and can get you a free 2 week sample of nicotine gum, patches, or lozenges.



### Do you have health insurance?

You can get free counseling and medication to help you quit.

 Lung cancer is Wisconsin's leading cause of cancer death for both men and women.

## 5. Limit alcohol use

**If you don't drink, don't start. If you do drink alcohol:**

**Women:** No more than 1 drink per day.


**Men:** No more than 2 drinks per day.



**What is 1 drink?**

### Need help?

Talk to your doctor about ways to cut down. If you are having trouble, extra help from your doctor or a specialist may be free with health insurance.

 Drinking alcohol increases your risk for 7 types of cancers. The more you drink, the higher your risk.

## What tests and services are free with health insurance?

Call your insurance company for a complete list of free services.

### For All Adults:

- Alcohol misuse counseling
- Help to quit smoking
- Obesity testing and counseling
- Lung cancer testing
- Colon cancer testing

### For Women:

- Mammograms or breast cancer tests
- PAP or cervical cancer tests
- Breast cancer genetic tests and counseling, if cancer runs in the family

**You should not be charged for a free service, but if you are:**

- Call the clinic and ask why.
- Give reasons why you should not be billed.
- **Call customer service of your insurance company for help.**



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