



World  
Cancer Day  
4 February  
2022

**THEME**  
**2022-24**

Close   
 the care  
gap 

## 9 Ways to Reduce Your Cancer Risk!



Eat a heart-healthy diet.



Limit alcohol intake.



Take part in cancer screening.



Engage in physical activity.



Avoid too much sun and use sun protection.



Make sure your child is vaccinated against hepatitis B and HPV.



Make your home smoke-free.



Don't smoke or use tobacco products.



Breastfeed to reduce mother's cancer risk.



**CANCER IS A WORD,**  
**NOT A SENTENCE**