

CANCER PREVENTION BEGINS AT AN EARLY AGE



Start today with these **EASY TIPS**

Establishing healthy habits now for your child or teen can help lower their risk of developing cancer as an adult.

EAT A HEALTHY DIET

Choose lots of fruits, veggies and whole grains.

DON'T SMOKE AND AVOID SECONDHAND SMOKE

Visit teen.smokefree.gov for tips and guidelines.

USE SUNSCREEN, WEAR SUN-SAFE CLOTHES AND AVOID TANNING BEDS

GET MOVING

Take trips to the playground, go for walks in your neighborhood or play a sport.

PROTECT AGAINST HPV

Get girls and boys vaccinated against cancer-causing HPV around age 11 or 12.

AVOID TOO MUCH SCREEN TIME

Limit tablet, phone and computer use to less than two hours daily.

KEEP TRACK OF WEIGHT

Know the healthy growth ranges for your child.



The expertise of St. Louis Children's Hospital, Siteman Cancer Center and Washington University Physicians, all in one place.

SITEMAN Kids

AT ST. LOUIS Children's HOSPITAL
Washington University Physicians

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Atención: hay servicios de asistencia de idiomas disponibles a su disposición sin costo. Llame al 314-747-5682 (TTY: 1-800-735-2966).

注意: 免费提供语言协助服务, 如有需要敬请致电 314-747-5682 (TTY: 1-800-735-2966)。