



Cancer Prevention Begins Early

Helping your child or teen form healthy habits now can lower their risk of developing cancer as an adult.



Eat a healthy, mostly plant-based diet

Choose a lot of fruits, vegetables, and whole grains, and limit red and processed meat.



Avoid sugary drinks

Cut down on sodas, energy drinks, sports drinks, and juice, which are high in sugar and calories.



Do not smoke or vape

Talk to your child about the dangers of smoking and vaping. Visit teen.smokefree.gov for tips.



Move every day

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



Be sun-safe

Find shade and wear a hat, long-sleeved shirt, and pants. Always use sunscreen.



Avoid too much screen time

Outside of schoolwork, try to limit time on phones, computers, and tablets.



Get the HPV vaccine

Girls and boys should be vaccinated against the cancer-causing human papillomavirus (HPV) between the ages of 9 and 12. Teens and young adults can also get the vaccine.



Make sleep a priority

Put away electronics and avoid physical activity or large meals right before bedtime. Additionally, try to keep a regular sleep schedule.



For more cancer prevention tips, visit 8ways.washu.edu.

For more information about Siteman Cancer Center, visit siteman.washu.edu.

8IGHTWAYS®

SITEMAN Kids

AT ST. LOUIS Children's HOSPITAL
WashU Medicine 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)。