



Pacific Noble **Primary Care**

Compassionate | Comprehensive | Accessible

February Health Awareness Month

Cancer Prevention

Cancer Prevention Starts with Awareness

While not all cancers can be prevented, many can be detected earlier or avoided altogether through lifestyle choices, routine screenings, and proactive care.

Steps to Reduce Cancer Risk

- Stay up-to-date on [age- and/or risk-appropriate preventative screenings](#) (e.g., colon, cervical, breast, prostate, lung) to help identify concerns early.
- Strive to maintain a balanced diet, regular physical activity, and healthy habits.
- Limit alcohol consumption and avoid tobacco use.
- Protect your skin, limiting excessive sun exposure and tanning beds.
- Know your family history with cancer as [genetic testing](#) can help guide personalized screening plans.

Consider Talking to Your PNPC Provider if You:

- Are due (overdue) for routine cancer screening(s)
- Have a family history of cancer
- Notice unexpected symptoms, such as weight loss, persistent pain, or unexplainable changes
- Want guidance on a personalized cancer prevention plan

“Early conversations lead to informed decisions and better outcomes.”

How your **PNPC** provider supports cancer prevention and early detection.

- Preventative care and annual wellness visits
- Cancer screening(s), coordination, and specialist referrals
- Lab testing and risk assessments
- Personalized prevention planning based on age, history, and lifestyle factors