



# 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