

Chemoprevention For some conditions, your healthcare provider may recommend chemoprevention. This involves medications that reduce the risk of precancerous cells coming back again after treatment.⁹ With an H. pylori infection, for example, antibiotic drugs may be prescribed to kill the bacteria that can lead to precancer and stomach cancer in some people.¹⁸ Some studies suggest that aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs) may help reduce the risk of cancer in people at average risk, including colon, ovarian, prostate, liver, skin, esophageal, pancreatic, and breast cancer.¹⁸

Lifestyle Changes The progression of precancers can be affected by environmental factors. A diet rich in foods containing certain vitamins, for example, may help the body clear the HPV more rapidly.¹⁹ Quitting cigarettes can also reduce the risk of many cancers, not just lung cancer. These include the foods we eat, how much exercise we get, and the lifestyle choices we make. This is true no matter how long you may have smoked. Smoking and cervical cancer is one such example.