

Sun Protection**: Using sunscreen and avoiding excessive exposure to ultraviolet rays to reduce** –. 1
the risk of skin cancer.**Adopting a Healthy Lifestyle**: – **Proper Nutrition**: Consuming a diet rich in
fruits, vegetables, and whole grains, while reducing the intake of red and processed meats, as well as
foods high in fats and sugars.3.Regular screenings**: The importance of undergoing regular screenings
such as mammograms for women and colonoscopies for men, in addition to receiving vaccinations like
the HPV vaccine to prevent cervical cancer.5.Avoiding exposure to carcinogens**: Using personal
protective equipment at work when handling hazardous chemicals, and avoiding household products that
.contain carcinogenic substances.2