

1.– **Sun Protection**: Using sunscreen and avoiding excessive exposure to ultraviolet rays to reduce 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.