

Published on *SeniorNavigator* (<https://seniornavigator.org>)

How to Prevent Cancer or Find It Early

ESPAÑOL

You can lower your risk of getting many common kinds of cancer by making healthy choices. Screening tests can find some cancers early, when treatment works best. Vaccines (shots) can help prevent several kinds of cancer. Learn more about how to lower your risk of getting cancer.

Screening Tests

Getting screening tests regularly may find breast, cervical, and colorectal (colon) cancers early, when treatment is likely to work best. Lung cancer screening is recommended for some people who are at high risk.



Vaccines (Shots)

Vaccines (shots) also help lower cancer risk. The human papillomavirus (HPV) vaccine helps prevent most cervical cancers and several other kinds of cancer. The hepatitis B vaccine can help lower liver cancer risk.



Healthy Choices

You can reduce your risk of getting cancer by making healthy choices like keeping a healthy weight, avoiding tobacco, limiting the amount of alcohol you drink, and protecting your skin.



Division of Cancer Prevention and Control, Centers for Disease Control and Prevention

Article Source

Centers for Disease Control (CDC)

Source URL

<https://www.cdc.gov>

Last Reviewed

Tuesday, January 30, 2024