

8 Habits You Need to Know for Cancer Prevention

On-Demand Knowledge Questions

Access the video here:

<https://youtu.be/9-3qKzYHu8c?si=cmib7pu2S4875WZU>

1. What is the goal of a cancer screening?
2. _____ and _____ infection increase your chances of developing liver cancer, and _____ is responsible for most cervical cancer cases.
3. Alcohol can cause _____ types of cancer.
4. One in three of all cancers is related to _____.
5. **True or False:** exposure to secondhand smoke influences cancer risk.
6. How can you protect yourself from the sun? There are 5 ways mentioned in the video, name at least 3.
7. Sunscreen needs to have an SPF of what minimum, and how often should you reapply?
8. Eating a lot of _____ foods increases your risk of developing certain cancer types.
9. What can you do on the website MyPlate?
10. How many minutes a day do doctors recommend people should exercise for?
11. What are some ways you can think of that are realistic for you to get some physical activity in?
12. **True or False:** Anyone that is underweight or overweight should aim to achieve a healthy body mass index.
13. What percentage of cancer deaths are preventable?
14. **True or False:** you are doomed if you are not perfect at these habits.