



Lower your cancer risk

Whether you're caring for a loved one or fighting your own battle, cancer can affect us all. That's why it's important to learn about cancer risk, prevention, screening, and care.



Reduce your risk

Lower your risk by maintaining a healthy weight, eating right, and staying active. Also try to avoid tobacco, limit the amount of alcohol you drink, and protect your skin in the sun.



Understand common cancers

Find out about the most common cancers, including colorectal, cervical, blood, prostate, breast, and lung.



Get support at every step

[Use this helpful tool](#) to see recommended screenings based on your health history.¹ Access tips, information, and resources about prevention, diagnosis, treatment, and recovery.



Scan the QR code or visit kp.org/cancer for more resources.

1. The online screening tool and chart above are for educational use only. They're not intended or designed as substitutes for the reasonable exercise of independent clinical judgment by practitioners, considering each patient's needs on an individual basis. Guideline recommendations apply to populations of patients. Clinical judgment is necessary to design treatment plans for individual patients.

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