



Reduce Your Cancer Risk: Twelve Steps To A Healthier Life

Michael Stefanek PhD, Barbara MD Boughton

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Develop your anticancer strategy

Knowledge is power. Knowing your cancer risk is your best weapon against cancer. Co-published with the American Cancer Society, *Reduce Your Cancer Risk: Twelve Steps to a Healthier Life* will help you assess your risk based on your family history, genetics, and environment, and help you make a comprehensive action plan to lower your chances of getting cancer. With an anticancer strategy in place, you'll help to protect yourself against cancer and live a healthier, happier life.

Reduce Your Cancer Risk includes the most up-to-date information on:

- Personal risk assessment
- Lifestyle changes
- Preventive health strategies
- Genetic counseling
- Preventive anti-cancer medications

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