Your Guide to Cancer Prevention

Featuring an easily accessible writing style and helpful resources, glossaries, and evidence to support the content, this book is essential reading for anyone interested in understanding and managing cancer risk—for themselves and their loved ones.

Up to half of all cancers may be preventable with proper screening and a healthy lifestyle. Cancer is much feared, but we hold great power to reduce our risk of developing many forms of the disease. Although factors such as age, ethnicity, and heredity are out of our control, we can still take charge of our health and wellness and manage our risk. Your Guide to Cancer Prevention was written by expert cancer nurses to arm you with information to understand your risk and incorporate lifestyle and screening practices to improve your health and lower your cancer risk.