

# How Much Do You Know About Preventing Cancer?



Do you know how to lower your risk of common types of cancer? Take this quiz to get some insight.

**1. Out of every 10 cases of lung cancer, how many are caused by smoking tobacco products?**

- A. Almost six.
- B. Almost eight.
- C. Almost nine.

**Answer: C**

**2. True or false: A human papillomavirus (HPV) infection that does not go away on its own can lead to cancers of the cervix, vulva, vagina, penis and anus:**

- A. True
- B. False

**Answer: A**

**3. Excluding some kinds of skin cancer, the most common type of cancer in women is:**

- A. Cervical cancer
- B. Breast cancer
- C. Colorectal cancer

**Answer: B**

**4. Which of the following is not a type of screening for colorectal cancer:**

- A. Colonoscopy
- B. CT Colonography (Virtual Colonoscopy)
- C. Pap Test
- D. Stool Tests

**Answer: C.** Pap tests screen for cervical cancer.

**5. True or false: Tanning indoors is safer than tanning in the sun.**

- A. True
- B. False

**Answer: B.** Both are dangerous.

**6. Which of the following is not linked to an elevated lung cancer risk:**

- A. Cigarette smoking
- B. Radon
- C. Smokeless tobacco products
- D. None of the above

**Answer: D**

It's important to talk to your doctor about your cancer risk and which screenings are appropriate for you with your doctor. More information on cancer prevention and screening can be found at [cdc.gov/cancer](https://www.cdc.gov/cancer).

Source: Centers for Disease Control and Prevention (CDC)

This information has been created and supplied to you courtesy of Horizon Blue Cross Blue Shield of New Jersey. The information is general in nature and is intended to provide you with an overview of the wellness topic to help you and your family get and stay healthy. It is not intended as a substitute for the professional advice and care of your doctor.

If you have any questions or concerns about your health or the health of any of your family members, consult your doctor.

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