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# Activity

## Research Personal Cancer Risks

Your cancer risk (and the types of cancer you're at risk for) varies based on your age, gender, family history and lifestyle. To complete this activity, visit [www.cancer.org](http://www.cancer.org) and spend at least 30–45 minutes watching videos or reading articles to research cancer risks you face. Then, consider any lifestyle changes or other precautions you should take.

### Cancer Risks Based on Age/Gender

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### Cancer Risks Based on Family History

Has anyone in your immediate family suffered from cancer or does a certain type of cancer run in your family? Is there anything you should do to take extra precaution as a result?

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### Cancer Risks Based on Personal Lifestyle

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### Changes I Can Make / Precautions I Can Take to Reduce My Personal Risk

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## ***Don't Forget About Doctor Visits***

*Early detection is vitally important in the fight against cancer. Schedule the appointments recommended for your age, gender and personal/family history!*