

DON'T CROSS YOUR FINGERS — BE PROACTIVE.

EVERY YEAR IN THE U.S., 31,500 GET A  
CANCER CAUSED BY HPV.

HPV VACCINATION IS RECOMMENDED  
AT AGE 11 OR 12.

ALL WOMEN AGES 25+  
NEED REGULAR PAP SMEARS  
UNTIL AGE 70.

85% OF BREAST CANCERS  
OCCUR IN WOMEN WITH  
NO FAMILY HISTORY.

BEING PHYSICALLY ACTIVE FOR  
AT LEAST 30 MINUTES A DAY  
MAY HELP PREVENT CANCER.

USE A BROAD-SPECTRUM SUNSCREEN WITH  
AN SPF OF AT LEAST 30 ALL YEAR.

Check out the Live Healthy section of [www.SouthCarolinaBlues.com](http://www.SouthCarolinaBlues.com).



South Carolina