

HEALTHY TIPS

Carcinoma: Malignant (cancerous) growth made up of epithelial cells that tends to infiltrate surrounding tissue, thus causing metastasis.

Cancer preventions include:

- ✓ Don't use tobacco
- ✓ Eat healthy diet
- ✓ Maintain a healthy weight & be physically active
- ✓ Protect yourself from the sun
- ✓ Regular medical care

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