

ALLIANCE LENZ

National Cancer Prevention Month

February 2026



Why this month matters?

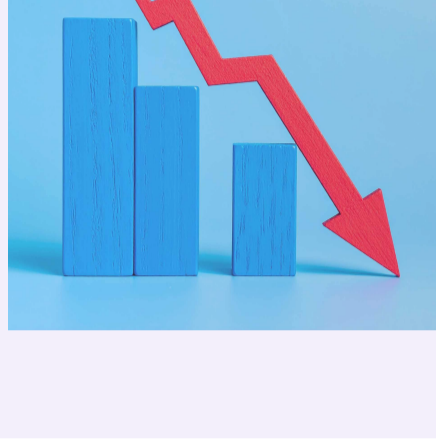
This February, we celebrate **National Cancer Prevention Month**! It's a moment to remember that many cancers can be prevented with lifestyle changes or caught early with regular screening. Simple steps can protect you, your loved ones, and your community. Every action counts, and together, we can make a real difference.

[Learn more](#)

Did you know?

You already know how to prevent cancer

Up to 30–50% of cancers can be prevented with changes in lifestyle! Healthy habits, vaccines, and regular screenings reduce the risk of lung, cervical, breast, and head and neck cancers.


[Learn more](#)


Data shows some cancers are preventable

In 2023, lung cancer deaths in Canada have fallen dramatically. Male deaths were 56% lower than in 1988, female deaths were 24% lower than in 2006. This success is due to fewer smokers and strong tobacco control policies.

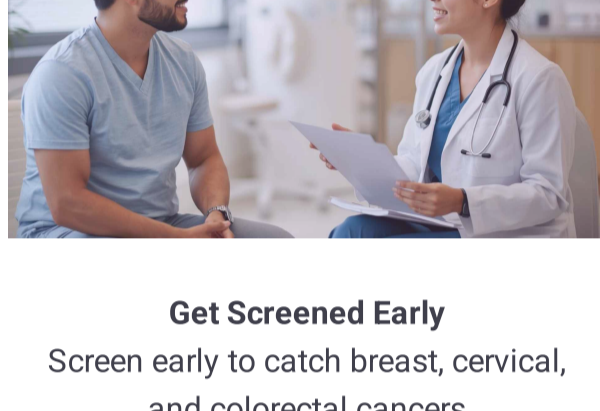
[Learn more](#)

Tips to Lower Your Cancer Risk



Get Vaccinated

Prevent cancer-causing infections with HPV and Hepatitis B vaccines



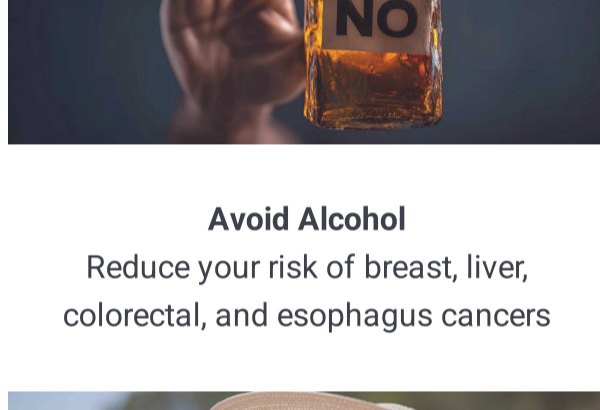
Get Screened Early

Screen early to catch breast, cervical, and colorectal cancers



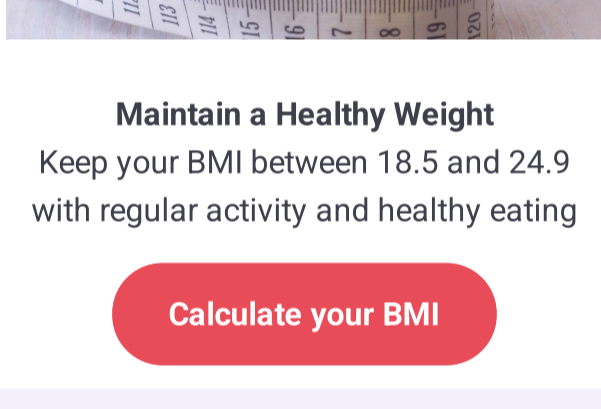
Avoid Tobacco

Lower your risk of lung cancer, the leading cancer for everyone



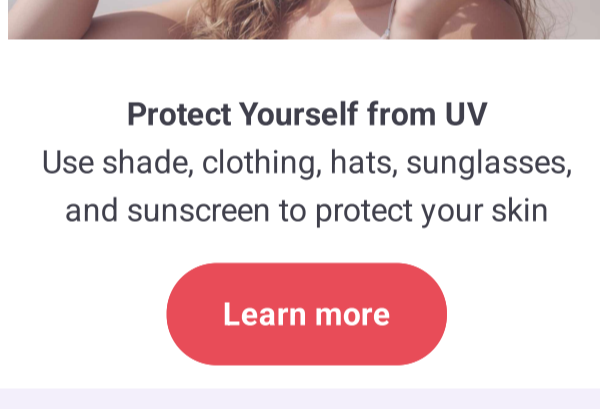
Avoid Alcohol

Reduce your risk of breast, liver, colorectal, and esophagus cancers



Maintain a Healthy Weight

Keep your BMI between 18.5 and 24.9 with regular activity and healthy eating



Protect Yourself from UV

Use shade, clothing, hats, sunglasses, and sunscreen to protect your skin

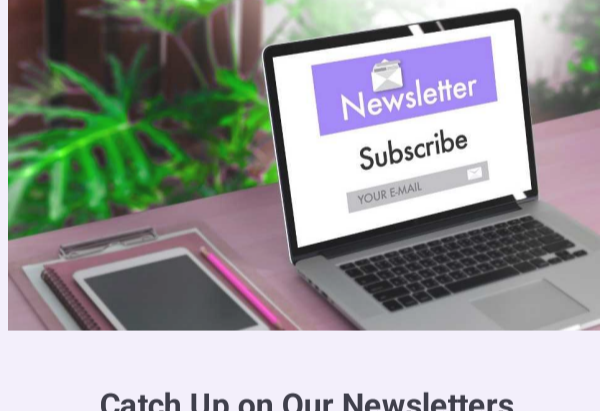
[Calculate your BMI](#)
[Learn more](#)

ACCE Updates



Discover Our Latest Blogs

Check out our new blogs for cancer tips and updates

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Our Event

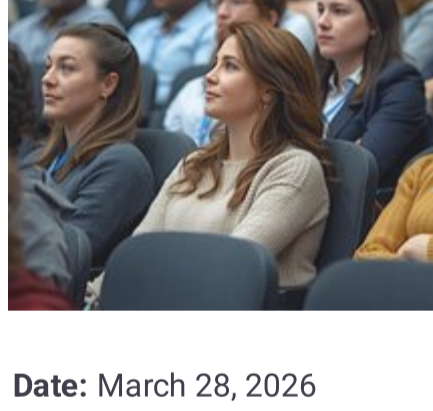
Empowering Communities:

A Cancer Awareness & Education Event

Join us on March 28, 2026, for a one-day event on cancer awareness, prevention, and early detection for minority communities.

Learn about screening, risk factors, treatment options, and navigating care, while connecting with healthcare providers and community organizations.

The event includes expert talks, interactive panels, Q&A, and resource booths, both in person and online, and honors IMRC co-founder Margaret Walton Roberts.



Date: March 28, 2026

Time: 9 AM – 3 PM

Price: Free

Format: In-person or Online

Location: Centre for International Governance Innovation (Waterloo, ON)

[Register here](#)

Word Puzzle

Find 8 words related to cancer prevention tips hidden in the puzzle!

P	R	E	V	E	N	T	I	O	N	S
O	A	B	A	L	P	E	D	I	U	U
E	G	L	C	A	G	C	U	D	H	N
X	F	N	C	G	E	I	O	P	K	S
E	L	I	I	O	N	D	C	T	S	A
R	M	D	N	N	H	I	B	N	O	F
C	U	R	A	F	E	O	K	Q	L	E
I	G	F	T	Q	V	E	L	O	N	T
S	H	D	I	E	T	H	R	U	M	Y
E	A	C	O	Q	H	P	Q	C	C	S
K	M	F	N	Z	V	O	A	V	S	W

Screening
Sun safety

Vaccination
Prevention

Diet
Alcohol

Smoking
Exercise

[Play here!](#)