

ENGAGEMENT

Blog – Physical health: Cancer Prevention

The following blog has been prepared by TAL. It is available to use in white-label format for communications and is designed to provide information on positive ways to support physical health.

-BLOG-

4 simple ways to help prevent cancer

[DURING JAN/FEB] World Cancer Day on 4th February is a great time for a refresh on the simple steps you can take to both help prevent cancer and get better health outcomes through early detection. If you'd like to know more, our life insurance partner TAL has provided some useful guidance on the steps you can take.

[ALL YEAR] Regardless of your age, there's some simple steps you can take to both help prevent cancer and get better outcomes through early detection. If you'd like to know more, our life insurance partner TAL, has provided some useful guidance on the steps you can take.

1. Early detection and screening

Preventative check-ups or screenings can improve health outcomes by detecting cancer earlier. This can improve the chances of treatment and cure. Cancer screening saves lives and it's one of the most effective ways to detect early signs of cancer.¹ National screening programs are available for eligible Australians to detect [breast cancer](#), [bowel cancer](#) and [cervical cancer](#). From July 2025, a new [National Lung Cancer Screening Program](#) (NLCSP) will also commence. If you've received an invitation to undertake screening, make sure you take the test or book an appointment promptly.

2. Being sun safe

Preventing skin cancer can be as simple as protecting yourself from the sun, utilising the Cancer Council [Slip, Slop, Slap, Seek and Slide](#) approach whenever you're exposed to UV radiation. Checking your skin regularly for any new or changed spots is also important. [TAL SpotChecker](#) can help with guidance on self-checking your skin.

3. Healthy diet and exercise

Your risk of certain types of cancer can be increased through poor diet and exercise levels. The good news is you can help reduce your risk by ensuring you eat a balanced diet, limit alcohol, maintain physical activity and avoid weight gain. Through our partnership with The Heart Foundation, [TAL HeartChecker](#) has a range of healthy recipes to inspire you improve your diet and exercise.

4. Quitting smoking and vaping

Smoking is the largest preventable cause of cancer in Australia. Although relatively new, the use of e-cigarettes is growing, and studies increasingly show that they emit harmful substances. Quitting smoking and vaping is one of the best ways to reduce your risk of cancer.

¹ Cancer Council. (2024). *Early detection and screening*.

-ENDS-

DISCLAIMER [please add to your post]

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