

8 Ways to Reduce your Risk for Cancer

**Ocho na manera para un ribaha i
chansa-mu put atrebi nu i kanset**

1 Maintain healthy weight

Sustieni i libran brinabu-mu

2 Get at Least 30 minutes of physical activity each day

Na' kalamten tataotao-mu maskeseha trenta minutos gi ha'ani

3 Don't smoke

Munga chumpa

4 Eat a healthy diet

Chocho maolek na ne'ngkanno'

5 Limit alcohol consumption

Midi i ginemen-mu aguayente

6 Protect yourself from the sun

Protehi hao gi somnak

7 Protect yourself and your partner

from sexually transmitted diseases

Protehi hao yan i gachong-mu nu i chetnot umadalle

8 Routine screening for early detection

Otdinariu na inatan para u ma sodda' taftaf

CHAMORRO



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8 Ways to Reduce your Risk for Cancer

Nā ala ‘ewalu no ke kūpale i ka ma‘i ‘a‘ai

1 Maintain healthy weight

E mālama i ka nui kino kūpono

2 Get at Least 30 minutes of physical activity each day

E ho‘oikaika kino no 30 minuke i kēlā me kēia lā

3 Don't smoke

Mai puhi paka

4 Eat a healthy diet

E ‘ai i ka mea‘ai hā‘ehuola

5 Limit alcohol consumption

E kaupalena i ka nui inu lama

6 Protect yourself from the sun

E pale i kou kino i ka lā

7 Protect yourself and your partner from sexually transmitted diseases

E ai palekana

8 Routine screening for early detection

E hana mau i nā hō‘ike hō‘oia no ka ‘ike koke ‘ia

NATIVE HAWAIIAN



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8 Ways to Reduce your Risk for Cancer

Founga 'e 8 ke ta'ota'ofi e kanisaa

1 Maintain healthy weight

Tauhi ma'u ho mamafa 'oku ke mo'ui lelei ai

2 Get at Least 30 minutes of physical activity each day

Fakamalohisino faka'aho ma'u pe he miniti e 30 pe lahi ange

3 Don't smoke

Tuku e ifi tapaka

4 Eat a healthy diet

Ma'u e me'akai fakatupu mo'ui lelei

5 Limit alcohol consumption

Fakasi'isi'i ho'o ma'u kava malohi

6 Protect yourself from the sun

Malu'i ho sino mei he la'aa

7 Protect yourself and your partner

from sexually transmitted diseases

Malu'i koe mo e hoa mei he ngaahi mahaki 'o e fe'auaki

8 Routine screening for early detection

Sivi ma'u pe ke ke 'ilo pe 'oku ke ma'u ha mahaki

TONGAN



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8 Ways to Reduce your Risk for Cancer

Founga 'e 8 ke ta'ota'ofi e kanisaa

1 Maintain healthy weight

Fa'atumau pauna tatau mo le soifua maloloina

2 Get at Least 30 minutes of physical activity each day

Faia fa'amalositino pe a male 30 minute ile aso

3 Don't smoke

Aua le ula'ula tapa'a

4 Eat a healthy diet

Ai mea'ai tatau mo le soifua maloloina

5 Limit alcohol consumption

Fa'a'iti'itia le inu 'ava

6 Protect yourself from the sun

Puipui oe mai le la

7 Protect yourself and your partner from sexually transmitted diseases

Puipui oe ma lau pa'aga mai fa'ama'i pipisi mai feusua'iga i

8 Routine screening for early detection

Su'ega puipuia

SAMOAN



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8 Ways to Reduce your Risk for Cancer

Ruwalitōk (8) wawen ko ññn am bōbrae ak kōmōn bwe en jab bidodo am bōk nañinmij in cancer

1 Maintain healthy weight

Kōmōn bwe en jab lap am kilep ak en emōn joñan eddoim

2 Get at Least 30 minutes of physical activity each day

Kōmōn bwe en 30 minutes in am exercise aolep ran

3 Don't smoke

Jab kōbatat

4 Eat a healthy diet

Mōñā ekkan ko remōn ññn ejmour

5 Limit alcohol consumption

Kadik lok am drak dren in kadōk

6 Protect yourself from the sun

En jab to am bed iumin dret

7 Protect yourself and your partner

from sexually transmitted diseases

Kejbarok ak bōbrae iuk im eo mōttam jen nañinmij in likao ak jiroñ ko

8 Routine screening for early detection

Kakōlkōl ilo ien eo emōkaj im ekkar ññn am bōbrae iuk jen nañinmij in cancer

MARSHALLESE



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