



# Pet Cancer Prevention Tips

Cancer prevention—what we don't know can hurt us, and our pets. That's why we put together this simple checklist to help you understand some of the risk factors for cancer, and the steps you can take today to help ensure the best future for your pet.



## Avoid second-hand tobacco smoke

Does your pet live in a household with smokers? Evidence suggests that cancer risk is increased in pets exposed to environmental tobacco. Keep your home a smoke-free zone!



## Monitor your pet's weight

Research suggests that obesity may be a risk factor for cancer. Feeding a poor quality or imbalanced diet may also be linked to an increase in cancer risk.



## Become an expert on your pet's breed(s)

Did you know that certain breeds of dogs and cats are prone to different diseases, including cancer? Learn everything you can about disease predispositions for your pet's breed.



## Have regular veterinary checkups

Would you see your doctor once every five years for a checkup? Skipping a yearly checkup with your pet would be similar. Regular checkups allow your veterinarian to perform a complete physical examination, which can identify abnormalities as well as establish a "baseline" that can be used for later comparisons.



## Avoid long-term exposure to sunlight

As in people, light skin pigmentation combined with lots of time outside, can increase the risk for some cancers. Make sure your pet can get out of the sun, and avoid prolonged exposure to sunlight when it is strongest, around midday.



## Avoid exposure to asbestos

Just like people, there are reports of cancer related to asbestos exposure in animals. If removing this product from a home, keep pets away from the area for the duration of the process.



## Add vegetables to their diet

At least one provocative study has suggested that adding vegetables may help decrease cancer risk.



## Examine your pet once a month

Look in your pet's mouth and ears, run your hands along their body and note any changes once a month; early detection is the best way to treat many diseases, including cancer.



## Avoid exposure to lawn chemicals

Keep your pet away from applied lawn products when possible. There is some evidence for an increased cancer risk in pets exposed to applied lawn chemicals.



## Exercise your pet regularly

Get them moving. Regular exercise will keep your pet mentally stimulated, in shape and helps lower their risk of health problems.



## Avoid exposure to paints & solvents

One recently published study suggests a possible association between exposure to these chemicals and cancer. Try to keep your pets outside or in another room when using these substances.















## Get to know your pet

Behavior changes are often a signal that a pet isn't feeling well. Watch your pet, learn their likes and dislikes, and their sleeping and eating habits. A change in routine or demeanor could be an early sign of disease.



## Pet Cancer Prevention Checklist

Print this list as a reminder of what you can do to help prevent cancer in your pets.

-  Avoid second-hand tobacco smoke
-  Monitor your pet's weight
-  Become an expert on your pet's breed(s)
-  Have regular veterinary checkups
-  Avoid long-term exposure to sunlight
-  Avoid exposure to asbestos
-  Add vegetables to their diet
-  Examine your pet once a month
-  Avoid exposure to lawn chemicals
-  Exercise your pet regularly
-  Avoid exposure to paints & solvents
-  Get to know your pet