



Irish Cancer Society

12 WAYS TO REDUCE YOUR CANCER RISK

BASED ON THE EUROPEAN CODE AGAINST CANCER

Did you know that about half of all cancers could be avoided?

What can you do to reduce your risk of cancer?

1 DO NOT SMOKE

One in three of all cancers is related to smoking.



2 AVOID SECOND-HAND SMOKE

Keep your home smoke free. Second-hand smoke increases the risk of lung cancer and heart disease in non-smokers.



3 BE A HEALTHY WEIGHT

As the amount of fat in the body increases, so does the chance of developing certain cancers.



4 BE PHYSICALLY ACTIVE EVERY DAY

Limit your time sitting and aim for at least 30 minutes of moderate physical activity a day.



5 HAVE A HEALTHY DIET

Eat fruit, vegetables, whole grains and pulses. Limit foods high in sugar, salt and fat. Avoid processed meat and limit red meat.



6 AVOID ALCOHOL

Drinking alcohol can cause at least seven types of cancer. Limit or avoid alcohol.



7 AVOID TOO MUCH SUN

Skin cancer is the most common cancer in Ireland. Be SunSmart: protect your skin when outdoors (sunscreen is not enough) and avoid sunbeds.



8 POLLUTANTS

Protect yourself in your workplace and follow health and safety instructions.



9 RADIATION

Find out if you are exposed to high radon levels in your home. Find out more information from the Environmental Protection Agency. www.epa.ie



10 ADVICE FOR WOMEN

Breastfeeding is proven to reduce the risk of cancer. HRT increases the risk of certain cancers. Limit HRT.



11 GET VACCINATIONS

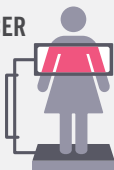
Some cancers are spread by viruses and bacteria. Vaccinate for Hepatitis B (for newborns) and Human papillomavirus (HPV) (for girls over 12).



12 GET SCREENED FOR CANCER

Take part in cancer screening programmes for bowel cancer (men and women, breast cancer (women) and cervical cancer (women)).

www.cancerscreening.ie



Cancer specialists and scientists from across Europe compiled the code based on the latest scientific evidence on cancer prevention.

This code was developed by the International Agency for Research on Cancer and the European Commission 2014.

Find out more about the
European Code Against Cancer
on www.cancer.ie/europeancode
or call: 1800 200 700



Irish Cancer Society

**We won't give up
until cancer does.**