



**Irish
Cancer
Society**

12

**WAYS TO
REDUCE
YOUR
CANCER
RISK**

**BASED ON THE EUROPEAN
CODE AGAINST CANCER.**

How to reduce your risk of getting cancer

1 QUIT SMOKING

One in 3 cancers is linked to smoking. Even if you have smoked for years, quitting now can reduce your risk of getting cancer.



2 AVOID SECOND-HAND SMOKE

Second-hand smoke contains chemicals that cause cancer. It increases the risk of lung cancer in non-smokers. So keep your home, car and workplace smoke free.



3 KEEP A HEALTHY WEIGHT

Being overweight or obese is linked to some cancers. Try to keep active, eat well and keep a healthy weight for your height. Talk to your doctor if you are worried about your weight.



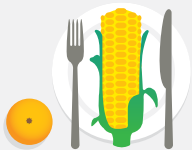
4 STAY ACTIVE

Walk more and sit less. Aim to do at least 30 minutes of moderate physical activity every day.



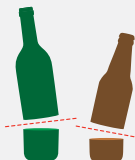
5 EAT HEALTHY FOOD

Eat lots of fruit, vegetables, wholegrains and pulses. Try to avoid processed foods, red meat and sugary foods.



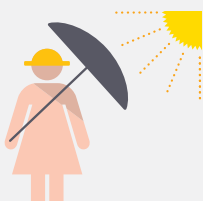
6 LIMIT ALCOHOL

If you choose to drink alcohol, try to limit your intake. Not drinking alcohol is the best option for preventing at least 7 types of cancer.



7 BE SUNSMART

Skin cancer is the most common cancer in Ireland. Protect your skin: seek shade, cover up, wear sunglasses, a hat, sunscreen and check the UV Index. Avoid sunbeds.



8 BE AWARE OF THE AIR

Protect yourself against pollutants in your workplace by following health and safety rules.



9 CHECK THE RADON RISK

Radon gas can get into your home through cracks in the floors or gaps around pipes. It can increase your risk of cancer. You can have the radon levels in your home tested. Visit www.radon.ie for more information.



10 ADVICE FOR WOMEN

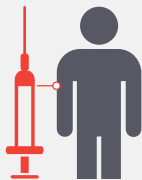
Breastfeeding reduces your risk of breast cancer.

HRT is a hormonal drug for menopausal symptoms. Some types of HRT may increase the risk of some cancers. The benefits and risks vary from person to person, so talk to your GP.



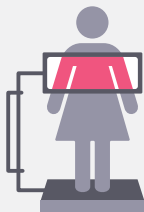
11 GET VACCINATIONS

Some cancers are spread by viruses and bacteria. Ensure your children take part in vaccination programmes for Hepatitis B (for newborns) and human papillomavirus (HPV) (for children over 12 years).



12 TAKE SCREENING TESTS

Screening means looking for the early signs of cancer before you show symptoms. Ireland has national screening programmes for bowel, breast and cervical cancer. Visit www.screeningservice.ie for more information.



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.

For more about the **European Code Against Cancer** and ways to reduce your risk of cancer, visit the cancer prevention section on our website www.cancer.ie or call 1800 200 700

If you are concerned about cancer you can speak with a cancer nurse in confidence by calling our Support Line on **Freephone 1800 200 700**

You can also contact us through our:

- **Email service** – at supportline@irishcancer.ie
- **Online Community** – on our website www.cancer.ie
- **Daffodil Centres** – check our website www.cancer.ie for a Daffodil Centre near you

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