



Irish Cancer Society

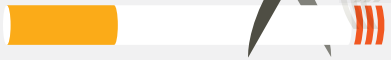
12 WAYS TO REDUCE YOUR CANCER RISK

BASED ON THE EUROPEAN CODE AGAINST CANCER

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

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.



