



**Irish Cancer Society**

# 12 WAYS TO REDUCE YOUR CANCER RISK

BASED ON THE EUROPEAN CODE AGAINST CANCER

**Did you know that 4 in 10 cancers are preventable?**

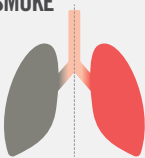
## 1 DO NOT SMOKE

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.



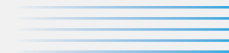
## 3 BE A HEALTHY WEIGHT

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.



**30** min



## 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. Visit [www.radon.ie](http://www.radon.ie) for more information.



## 10 ADVICE FOR WOMEN

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



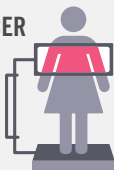
## 11 GET VACCINATIONS

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](http://www.cancerscreening.ie)



Find out more about the **European Code Against Cancer** on [www.cancer.ie/europeancode](http://www.cancer.ie/europeancode) or call our Cancer Nurseline on 1800 200 700



**Irish Cancer Society**

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