

14 Ways you can help prevent cancer

1



Quit smoking

Don't smoke or use any form of tobacco or vaping products. If you smoke, reduce your risk of cancer by quitting, no matter how long you've smoked.

2



Avoid second-hand smoke

Keep your home and car free of tobacco smoke.

3



Keep a healthy weight

Take action to avoid being overweight or having obesity:

- Limit food high in calories, sugar, fat, and salt.
- Limit drinks high in sugar. Drink mostly water and unsweetened drinks.
- Limit processed foods.

4



Stay active

Be physically active in everyday life. Limit the time you spend sitting.

5



Eat healthy food

Eat whole grains, vegetables, legumes, and fruits as a big part of your daily diet. Limit red meat and avoid processed meat.

6



Avoid alcohol

Avoid alcoholic drinks.

7



Breastfeed

Breastfeed your baby for as long as you can.

8



Be SunSmart

Avoid too much sun exposure, especially for children. Use sun protection. Never use sunbeds.



Protect yourself at work

Learn about cancer-causing factors at work and call on your employer to protect you against them. Always follow health and safety instructions at work.



Protect yourself at home

Learn more about radon gas levels in your area on www.epa.ie/radon

Get professional help to measure levels in your home and reduce them if necessary.



Reduce air pollution

Take action to reduce air pollution by:

- Using public transportation and walking or cycling instead of driving.
- Supporting policies that improve air quality.

Reduce your exposure to air pollution by:

- Choosing low-traffic routes when walking, cycling or exercising.
- Keeping your home free of smoke by not burning coal or wood.



Protect against cancer-causing infections

Vaccinate girls and boys against hepatitis B virus and human papillomavirus (HPV). Take part in testing and treatment for hepatitis B and C viruses, human immunodeficiency virus (HIV) and *Helicobacter pylori*.



Limit HRT

If you have menopausal symptoms, talk to your GP about whether HRT is right for you. Use HRT for the shortest time possible.



Go to cancer screening

Take part in organised screening programmes for bowel cancer, breast cancer and cervical cancer. Learn more at www.cancer.ie/cancer-screening

This information is based on the **European Code Against Cancer**. Cancer specialists and scientists from across Europe compiled the Code based on the latest scientific evidence on cancer prevention from the International Agency for Research on Cancer and the World Health Organisation.