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WAYS

To Reduce

YOUR

Cancer Risk



An easy guide to
**the European Code
Against Cancer**

Following this guide will help you to lower the risk of cancer and improve your health.

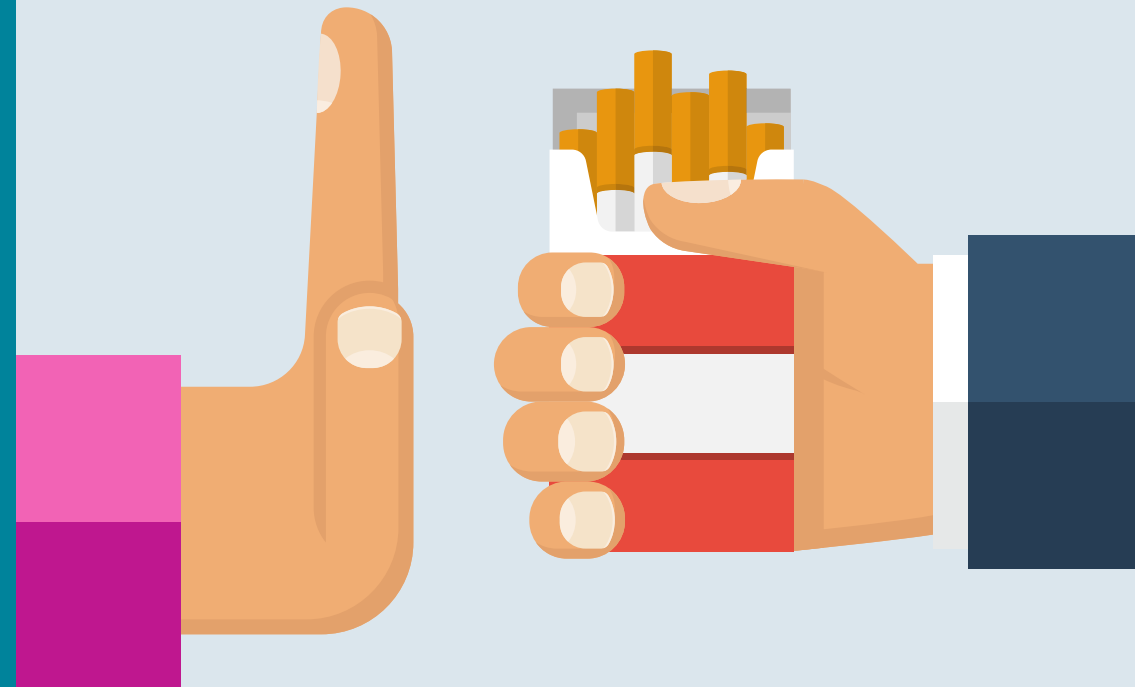
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Do not smoke

Smoking is bad for you.

It damages different parts of your body, like your lungs and your heart.



2

Do not breathe in other people's smoke

Breathing in other people's smoke is bad for you.

If you do smoke, do not smoke in your home or your car or around other people.

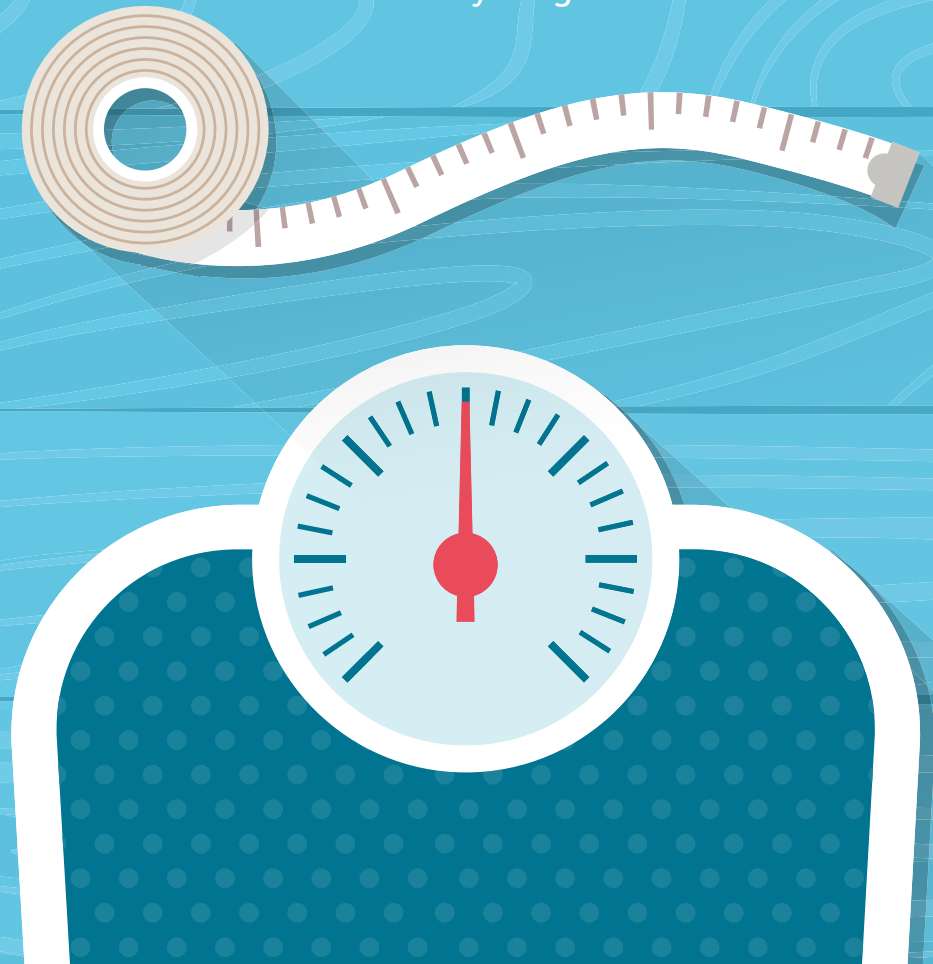


3

Be a healthy weight

Being a healthy weight is good for your body.

It's important to do exercise and eat healthy foods to be a healthy weight.



4

Be active everyday

You should try and be active for 30 minutes or more every day.

You can do 10 minutes of activity at a time. Do something you enjoy, you could try **walking**, **housework**, **the gym** or **jogging**.

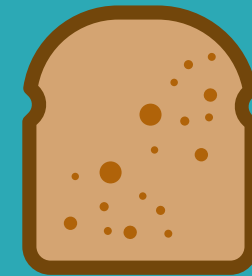


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Eat healthy food

Eating healthy food is good for your body.

Eat lots of fruit and vegetables. Eat brown bread and brown pasta. You shouldn't eat too much red meat. You shouldn't eat too many foods like chocolate bars, takeaways, crisps, salt or drink fizzy drinks.



6

Don't drink alcohol

Alcohol is bad for your body.

Not drinking alcohol is better for you.
If you drink, try to limit your intake.



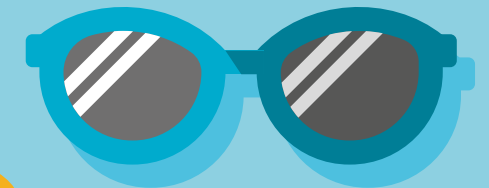
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Don't spend too much time in the sun

Spending too long in the sun can damage your skin.

You can protect yourself by:

- Staying in the shade during the hottest part of the day
- Putting sun screen on. Wear sun screen (SPF 15+ and a 4 or 5 star rating)
- Wearing a long sleeve shirt, hat and sunglasses
- Do not burn your skin in the sun
- Do not use sunbeds



8

Take care with chemicals

Always read and follow the guidelines when using chemicals as some may cause harm.



9

Radiation

A small number of cancers might be due to radiation



10

Advice for women

If you have a baby, breast feeding is good for you and your baby.

For more information on Hormone Replacement Therapy (HRT) and how it is linked to certain cancers speak to your doctor.



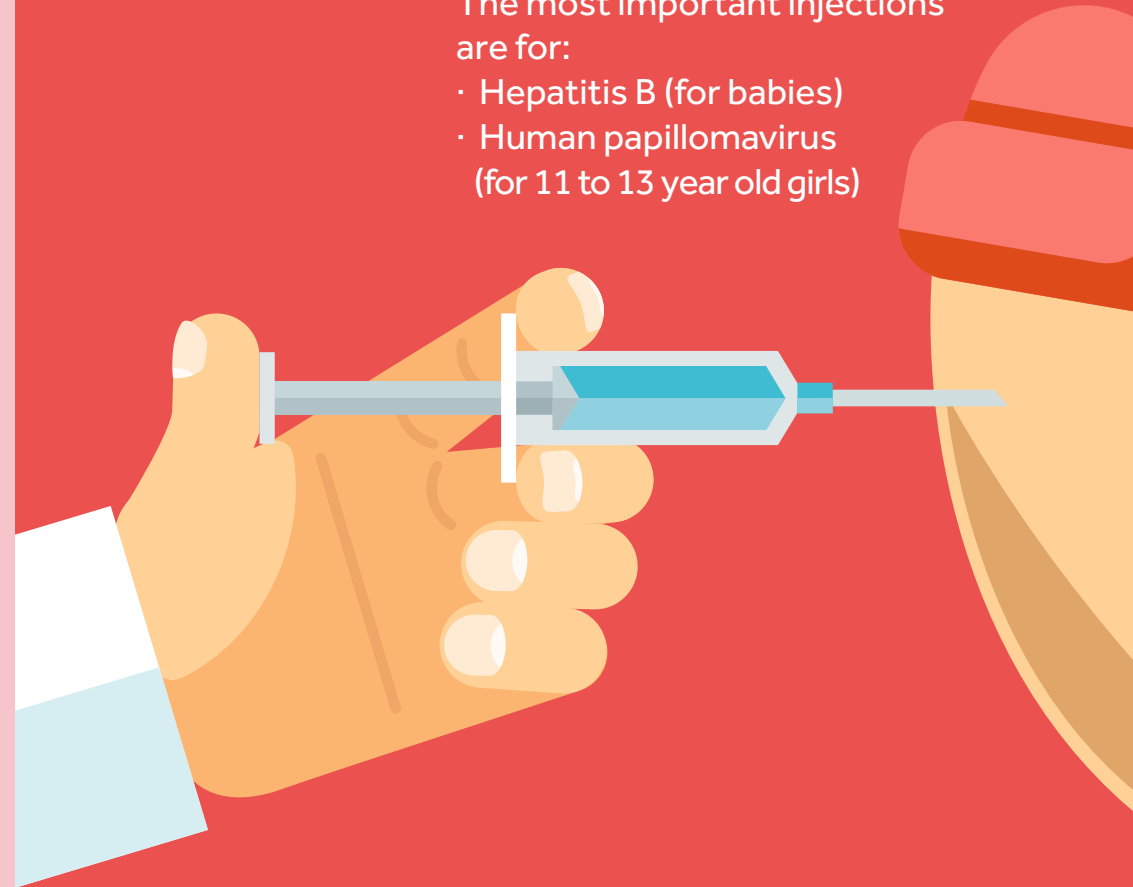
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Make sure your children get their injections

Vaccinations can help your body to fight illness and will be given by your doctor.

The most important injections are for:

- Hepatitis B (for babies)
- Human papillomavirus (for 11 to 13 year old girls)

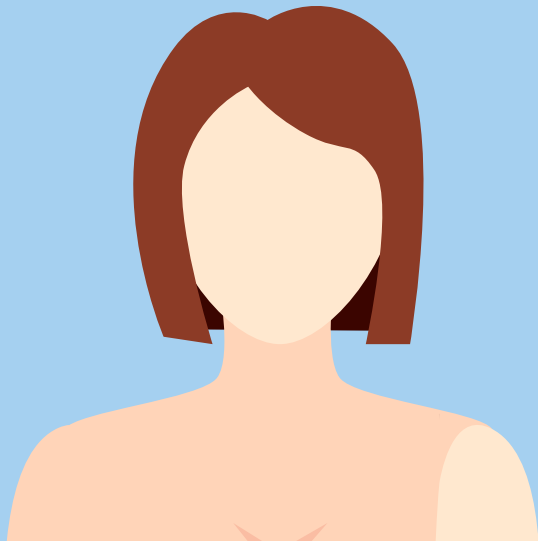


12

Get screened for cancer

Go for screening when invited.

In Northern Ireland, breast, cervical and bowel screening are available.



If you are unsure of what to do next you can talk with one of our nurses on the Cancer Focus NI free Information & Support Nurseline

0800 783 3339

Monday to Friday 9am – 1pm

Calls are free from a landline
nurseline@cancerfocusni.org

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The logo features several overlapping circles and teardrop shapes in various shades of blue and teal, arranged in a cluster to the left of the text.

Cancer Focus

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