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.

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.
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.

POLLUTANTS
Protect yourself in your workplace and follow health and safety instructions.

RADIATION
Find out if you are exposed to high radon levels in your home. Visit www.radon.ie for more information.

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

GET VACCINATIONS
Some cancers are spread by viruses and bacteria. Vaccinate for hepatitis B (for newborns) and human papillomavirus (HPV) (for girls over 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

Find out more about the European Code Against Cancer on www.cancer.ie/europencode or call our Cancer Nurseline on 1800 200 700

Irish Cancer Society
We won’t give up until cancer does.