

Steps to reduce your risk of cancer

SMOKING

Do not smoke. Do not use any form of tobacco. Make your home and car smoke free. Support smoke-free policies in your workplace. For support to quit smoking go to www.quit.ie or call 1800 201 203.



PHYSICAL ACTIVITY

Be physically active in everyday life as much as possible. Move more and sit less.



ALCOHOL

For cancer prevention, it's best not to drink alcohol. If you must drink alcohol stay below the recommended low risk guidelines. Be aware there is no safe limit of alcohol for cancer prevention.

Alcohol aids the movement of cancer-causing substances from cigarettes through the body, especially to the mouth, head and neck.



BODY WEIGHT

Take action to be a healthy body weight throughout life, from childhood to adulthood.



HEALTHY EATING

Enjoy food, have a healthy varied diet:

- Eat plenty of wholegrains fruit and vegetables.
- Limit high-calorie foods such as “fast foods”, sugary drinks and foods high in sugar or fat.
- Avoid processed meat.
- If you eat red meat such as beef, pork and lamb, limit consumption to a moderate amount, (no more than about three portions per week).



UV EXPOSURE

Protect your skin from ultraviolet radiation from the sun and artificial sources.

Follow the Healthy Ireland SunSmart 5'Ss from April to September

- **S**lip on clothing that covers your skin such as, long sleeves, collared t-shirts;
- **S**lop on sunscreen on exposed areas, using factor 30+ for adults and 50+ for children;
- **S**lap on a wide-brimmed hat;
- **S**eek shade – especially if outdoors between 11am and 3pm – and always use a sunshade on a child's buggy;
- **S**lide on sunglasses to protect your eyes.

Do not deliberately try to get a suntan. Remember tanned skin is damaged skin. Avoid getting a sunburn.

Never use a sunbed.



WORKPLACE OCCUPATIONAL

In the workplace, protect yourself against cancer-causing substances by following health and safety instructions.



RADON

Find out if you are exposed to radiation from naturally high radon levels in your home. The Environmental Protection Agency [website](http://www.epa.ie) provides more information.

Take action to reduce high radon levels. It is especially important to follow this advice if you are a current or ex-smoker. Smoking and radon exposure combined greatly increase your risk of lung cancer.



BREASTFEEDING

For women:
Breastfeeding reduces the mother's cancer risk. If you can, breastfeed your baby.



VACCINES

Ensure your children take part in national vaccination programmes for cancer prevention

- hepatitis B for newborns
- human papillomavirus (HPV) for girls and boys.



SCREENING

Take part in organised cancer screening programmes for:

- Bowel cancer (men and women)
- Breast cancer (women)
- Cervical cancer (women)

For more information go to www.screeningservice.ie



HRT

For women:
Hormone replacement therapy (HRT) increases the risk of certain cancers. Limit use of HRT.



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Smoking

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