

Reduce your risk of cancer



Physical Activity

- Physical activity can reduce your risk of cancer by promoting healthy hormone and insulin levels, reducing inflammation and helping maintain a healthy body weight.
- Any amount of activity is better than none.
- Adults should try to aim for at least
 - 150 minutes of moderate physical activity across each week (moderate physical activity makes you a little out of breath, but you can talk comfortably)
 - or
 - 75 minutes of vigorous activity across each week (vigorous activities will raise your heart rate, make you sweat and feel out of breath)
 - and
 - muscle strengthening activities at moderate or greater intensity that involve all major muscle groups on 2 or more days a week.
- For more information visit www.gov.ie/healthyireland



Skin Protection

- To reduce your risk of skin cancer protect your skin from the sun and never use sunbeds.
- Follow the Healthy Ireland SunSmart steps, especially from April to September in Ireland, even when it is cloudy:
 - Slip on clothing that covers your skin.
 - Slop on sunscreen, using factor 30+ for adults and 50+ for children.
 - Slap on a wide-brimmed hat.
 - Seek shade and always use a sunshade on a child's buggy.
 - Slide on sunglasses to protect your eyes.
- Visit www.hse.ie/SunSmart for more information.



Healthy Eating

- Eating a healthy balanced diet can help you maintain a healthy body weight and reduce your cancer risk. Your overall diet is more important than focusing on individual foods.
- Eat foods high in fibre such as fruit, vegetables, wholegrains and pulses.
- Limit foods high in fat, sugar and salt.
- Avoid processed meat and limit red meat, as these have been linked to bowel cancer.
- For more information visit www.gov.ie/healthyireland



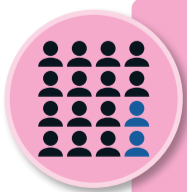
Vaccinations

- Vaccinations can protect against some kinds of cancer.
- The human papillomavirus (HPV) vaccine protects against HPV. HPV can cause a range of cancers including cervical, penis, anal, mouth and throat cancer. The HPV vaccine is offered to all boys and girls aged 12 to 13 in secondary school when the HPV vaccine is most effective. It is also offered to men who have sex with men (MSM) and others who are at increased risk of exposure to HPV.
- Hepatitis B vaccine protects against liver cancer. It is offered to all babies in Ireland at 2, 4 and 6 months of age as part of the Primary Childhood Immunisation Schedule.
- For more information visit www.immunisation.ie



Breastfeeding

- Breastfeeding reduces the mother's risk of breast cancer by lowering certain hormones in the body and may protect cells in the breast from changes.
- The longer a woman has breastfed over the course of her life, the more the woman is protected.
- If you can, consider breastfeeding.
- Explore breastfeeding information and support during pregnancy at www.mychild.ie



Cancer Screening

- Consider taking part in organised population screening programmes for:
 - Breast cancer (women aged 50-69 years). Visit www.breastcheck.ie
 - Cervical cancer (women and people with a cervix aged 25-65 years). Visit www.cervicalcheck.ie
 - Bowel cancer (people aged 60-69 years). Visit www.bowelscreen.ie



Smoking

- Tobacco contains chemicals that increase the risk of at least 15 types of cancer. Tobacco products include cigarettes, roll your own, chewing tobacco, pipes or cigars.
- The best form of defence is not to start smoking.
- Quitting tobacco products reduces your cancer risk.
- For help quitting, visit the HSE Stop Smoking service www.quit.ie or call 1800 201 203.

Second Hand Smoke

- Second hand tobacco smoke increases cancer risk.
- Make your home, car and workplace smoke free.



Alcohol

- When alcohol is broken down in your body it can damage your body's cells.
- Alcohol increases the risk of at least 7 types of cancer, including mouth, throat, larynx, oesophagus, breast, stomach and bowel.
- You can reduce your risk of cancer if you do not drink alcohol. The less you drink, the lower your risk of cancer.
- Visit www.askaboutalcohol.ie for more information.



Body Weight

- Higher body weight can affect your hormone levels and your immune system, increasing risk of cancer.
- You can reduce risk of cancer by keeping weight within a healthy range.
- Eating a healthy balanced diet, being physically active, getting enough sleep and taking care of your mental health can all help to maintain a healthy body weight throughout life.
- Support options are available to those living with overweight or obesity. Ask your GP for information.



Radon

- Radon is a naturally occurring radioactive gas found in the environment. It has no colour, taste or smell.
- It can increase the risk of lung cancer in people exposed to high levels of radon over long periods of time.
- The risk from radon is even higher for smokers, so it is even more important to think about quitting smoking.
- For more information on how to check radon levels in your home or workplace, and how to reduce them, visit www.radon.ie



Workplace

- Some workplaces involve exposure to cancer-causing substances such as benzene, silica dust, asbestos and wood dust.
- Follow your workplace safety risk assessment control measures to reduce your exposure to cancer-causing substances in your workplace.
- If you work outdoors make sure you protect your skin from the sun's ultraviolet radiation.
- Visit www.hsa.ie/chemicals and www.hse.ie/SunSmart for more information.



Hormones

Oral Contraceptive Pill (OCP)

- The combined OCP can increase the risk of ovarian, breast and cervical cancer, but can decrease the risk of ovarian and womb cancer.
- Each person's risk will be different.
- Talk to your GP about what is right for you.

Hormone Replacement Therapy (HRT)

- Menopausal HRT can increase risk of breast, womb and ovarian cancer but the increased risk is small.
- The risk from HRT depends on many different things. This includes the type of HRT, when people start taking it, how long they take it for, age, and general health.
- For some, the benefits of taking HRT outweigh the risks. Everyone is different.
- Talk to your GP about your options.

Irish Cancer Prevention Network



