

Access cancer screening programmes
www.cancerscreening.ie / call 1800 45 45 55



Tips to reduce
your cancer risk

Limit alcohol



Less is better, **none is best** for cancer prevention. Alcohol causes 7 types of cancers. Go to www.askaboutalcohol.ie to learn more.

Do not smoke



Do not smoke or use any form of tobacco. For support to quit go to www.quit.ie or call **1800 201 203**.

Food is be enjoyed, have a healthy diet



Eat plenty of **fruit and vegetables**.

Limit high calorie foods (foods high in sugar or fat) and avoid sugary drinks.

Avoid processed meat and eat no more than a moderate amount of red meat.

Keep a healthy weight



Being overweight is linked to at least 11 types of cancer. Check your weight and **avoid weight gain in adult life**.

For mothers, breast feed your baby if you can



Breast feeding reduces cancer risk. **If you can, breastfeed** your baby.

Ensure children are vaccinated



Ensure your children are vaccinated for **Hepatitis B** (babies) and **HPV** (young people).

Protect your skin from the sun and don't use sunbeds



Reduce the risk of skin cancer. **Seek** shade, **slip** on clothing to cover skin, **slop** on a wide brimmed hat, **slop** on sunscreen of at least SPF 30+ for adults and 50+ for children.

Be active: as much as possible



Physical activity protects against cancer. **Be active everyday, walk more and sit less**.