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, slap 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.