



You can cut your cancer risk



CANCER
RESEARCH
UK


Together we will beat cancer

We would all like to cut our cancer risk, right?

Thankfully, there are lots of ways to enjoy a healthy life and reduce our risk of cancer.

As we get older, our risk of cancer increases, but there are plenty of changes we can make to reduce it. It's never too late to start.

So, let's get going.



4 in 10 cases
of cancer in
the UK could
be prevented

Six ways to cut your cancer risk



1. Be smoke free

You don't need us to tell you that smoking is harmful. Tobacco causes most lung cancers and increases the risk of at least 14 other types of cancer. Stopping completely is the best way to cut your cancer risk. But it's not always easy. That's why there's lots of free support to help.

Go to www.nhs.uk/smokefree, or ask a doctor, nurse or pharmacist.

Remember, it's never too late to quit.

You're around
3 times

more likely to stop
by using free local
stop smoking
services



2. Cut down on booze

Beer, wine, spirits– drinking any type of alcohol increases your cancer risk. The less you drink, the lower your risk will be. Even small changes can help, like having more drink-free days.

Find more about units and tips for cutting back at www.cruk.org/alcohol

Why not try alternating drinks with non-alcoholic ones?

Try to drink
less than

14 units
a week

Most drinks contain

2-3 units



3. Keep a healthy weight

Our weight can have a big impact on our risk of cancer. Being overweight or obese causes at least 13 different types of cancer, including breast and bowel cancer.

Here are some ways to help you keep a healthy weight: eat healthy snacks, be aware of your portion sizes and make small changes to become more active. And don't forget your 5 a day! But actually doing it can be tough.

A GP or nurse can help, and refer you to a free weight management service. Find out more at www.cruk.org/weight

Small changes to your diet and activity can make a big difference.



4. Think about what's on your plate

Did you know that the foods we eat can affect our risk of getting cancer?

A healthy, balanced diet can help us keep a healthy weight, and some types of food increase or decrease our risk too

Reduce your cancer risk by eating:



More fruit, vegetables, and high-fibre foods, like brown bread, pasta and rice.



Less processed and red meat, sugary drinks and high-calorie foods like fast food.

Find more tips at www.cruk.org/diet

How could you make tonight's dinner healthier?



5. Get moving

Being active helps you keep a healthy weight. If you're very active, you'll also reduce your risk of breast and bowel cancer.

Try fitting more activity into your daily routine. Aim for 30 minutes a day, 5 days a week.

You could do anything that gets you warm and a little out of breath, like brisk walking, cycling – even some housework or dancing.

How can you be more active?



6. Stay safe in the sun

It's important to protect yourself from the sun, especially if you burn easily.

Too much ultraviolet (UV) radiation from the sun or sunbeds is the main cause of skin cancer. No matter where you are, home or abroad, here are some tips to stay safe when the sun is strong:



Spend time in the shade, especially between 11am-3pm



Cover up with a hat, t-shirt and sunglasses



On the parts of your body that aren't covered, use sunscreen with at least SPF15 and a 4 or 5 star rating

Don't let sunburn catch you or your family out.

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So we're supporting people to reduce their cancer risk

Our leaflets guide you through the changes you can make and are based on a balance of all the scientific evidence. They're free to order online – just go to www.cruk.org/leaflets

How to find out more



We're online...

If you're thinking about making changes to improve your health and reduce your cancer risk, there's plenty of information and tips at www.cruk.org/health



...and on the phone

Our Nurse Helpline is there if you're looking for any advice or support. Just call **0808 800 4040**

And if you have any questions about Cancer Research UK or would like to support what we're doing, you can call **0300 123 1022**

