



CANCER
RESEARCH
UK

WANT TO CUT YOUR CANCER RISK?



Wanting to cut your cancer risk is a bit of a no-brainer really, isn't it?

Thankfully, there are a whole bunch of ways to enjoy a healthy life and stack the odds in your favour.

As we get older, our risk of cancer will increase, but there are plenty of changes we can make to reduce it, and 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 GET SMOKE FREE

Let's start with the obvious one. Tobacco causes most lung cancers, and increases the risk of at least 13 other types of cancer. Giving up is the best way to cut your cancer risk, but it's not always easy. That's why there's plenty of free support out there 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 **3 times more likely to quit** using free local Stop Smoking Services

2 CUT BACK ON BOOZE

Beer, wine, spirits – drinking any type of alcohol increases your cancer risk. That's not to say you have to cut out alcohol altogether to see any benefits – even small changes can make you healthier.

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

Why not start with tracking your drinks?

Try to drink no more than
14 units
a week

Most drinks contain 2-3 units



WATCH YOUR WEIGHT

You won't be surprised to hear that losing weight boils down to three things: eating healthier foods, eating less, and getting more active. But actually doing that can be tough.

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

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.



THINK ABOUT WHAT'S ON YOUR PLATE

Did you know that the food we eat can affect our risk of getting cancer? Not only does it impact our weight, but some types of food increase or decrease our risk too.

Here's what's on the reducing cancer risk menu:



More fruit, vegetables and high-fibre foods



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

Find out why and how at www.cruk.org/diet

How could you make tonight's dinner healthier?



GET MOVING

Being active reduces the risk of bowel, breast and womb cancers, and helps you keep a healthy weight.

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

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

How can you be more active?



STAY SAFE IN THE SUN

We all love a sunny day, but it's important to protect yourself and be mindful of how long you've been outside.

Too much ultraviolet (UV) radiation from the sun or sunbeds is the main cause of skin cancer. So whether you're at home or abroad, here are some quick tips to stay safe when the sun is strong:



Enjoy the cool of the shade, especially in the middle of the day



Wear a hat, t-shirt and sunglasses



On the parts of your body that aren't covered, use sunscreen with at least SPF15 and four stars or more

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

4 IN 10 CASES OF CANCER IN THE UK CAN BE PREVENTED

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**.



LET'S BEAT
CANCER SOONER

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