

# European Code Against Cancer, 5th edition

## 14 ways you can help prevent cancer



### 1 Smoking

Do not smoke. Do not use any form of tobacco, or vaping products. If you smoke, you should quit.



### 2 Exposure to other people's tobacco smoke

Keep your home and car free of tobacco smoke.



### 3 Overweight and obesity

Take action to avoid or manage overweight and obesity:

- Limit food high in calories, sugar, fat, and salt.
- Limit drinks high in sugar. Drink mostly water and unsweetened drinks.
- Limit ultra-processed foods.



### 4 Physical activity

Be physically active in everyday life. Limit the time you spend sitting.



### 5 Diet

Eat whole grains, vegetables, legumes, and fruits as a major part of your daily diet. Limit red meat, and avoid processed meat.



### 6 Alcohol

Avoid alcoholic drinks.



### 7 Breastfeeding

Breastfeed your baby for as long as possible.



### 8 Sun exposure

Avoid too much sun exposure, especially for children. Use sun protection. Never use sunbeds.



### 9 Cancer-causing factors at work

Inform yourself about cancer-causing factors at work, and call on your employer to protect you against them. Always follow health and safety instructions at your workplace.



### 10 Indoor radon gas

Inform yourself about radon gas levels in your area by checking a local radon map. Seek professional help to measure levels in your home and, if necessary, reduce them.



### 11 Air pollution

Take action to reduce exposure to air pollution by:

- Using public transportation, and walking or cycling instead of using a car
- Choosing low-traffic routes when walking, cycling, or exercising
- Keeping your home free of smoke by not burning materials such as coal or wood
- Supporting policies that improve air quality.



### 12 Cancer-causing infections

- Vaccinate girls and boys against hepatitis B virus and human papillomavirus (HPV) at the age recommended in your country.
- Take part in testing and treatment for hepatitis B and C viruses, human immunodeficiency virus (HIV), and *Helicobacter pylori*, as recommended in your country.



### 13 Hormone replacement therapy

If you decide to use hormone replacement therapy (for menopausal symptoms) after a thorough discussion with your health-care professional, limit its use to the shortest duration possible.



### 14 Organized cancer screening programmes

Take part in organized cancer screening programmes, as recommended in your country, for:

- Bowel cancer
- Breast cancer
- Cervical cancer
- Lung cancer.

To find out  
more,  
please visit:



[International Agency for Research on Cancer](#)

 [World Health Organization](#)



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