

# European code against cancer



# 12 ways to lower your cancer risk

If you follow these tips,  
it will be more difficult for you to get cancer:

- 1 Do not smoke.
- 2 Make your home and your workplace smoke free.
- 3 Watch your weight;  
don't gain or lose too much weight.
- 4 Exercise every day.  
Limit the time you spend sitting.



5 Eat healthy:

- Eat a lot of wholegrain cereals, pulses, fruit and vegetables.
- Limit your intake of sugary drinks.

Eat a limited amount of high-sugar or high-fat foods.

- Eat a limited amount of red meat and foods high in salt.

Avoid processed **or treated meat**.



## Processed meat

Processed meat is meat to which substances are added to make it taste better or last longer such as cooked ham and sausages.

- 6 It is better not to drink alcohol.
- 7 Avoid too much sun,  
especially for children.  
When sunbathing,  
use clothing, umbrellas or sunscreen for protection.  
Do not use sunbeds.
- 8 Follow the health and safety  
rules at your workplace.
- 9 Find out if your home has high radon levels  
and take action to reduce these levels.
- 10 For women:
  - Breastfeeding lowers the mother's cancer risk.  
If you can, breastfeed your baby.
  - **Hormone replacement therapy (HRT)**  
increases the risk for certain cancers.  
Limit HRT use.

### **Hormone replacement therapy**

is a medical treatment that consists in the administration of hormones such as those produced by the ovaries.

### **Radon**

is a gas that can cause cancer. Radon is on the ground, in the soil, and it can get into buildings.

## 11 Have your children vaccinated:

- Hepatitis B for newborns.
- Human papillomavirus (HPV) for girls.

## Early detection

is finding a disease before symptoms occur.

## 12 Take part in cancer prevention and **early detection** programmes:

- colorectal cancer (for men and women),
- breast cancer (for women)
- cervical cancer (for women).

To prevent cancer, each of us can follow these 12 tips from the European Code Against Cancer. In addition, governments have to approve measures supporting these personal actions.