

# European Code Against Cancer



- 1 Do not smoke.  
Do not use any form of tobacco.
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- 2 Make your home smoke free.  
Support smoke-free policies in your workplace.
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- 3 Take action to be a healthy body weight.



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For women:

10

- Breastfeeding reduces the mother's cancer risk. If you can, breastfeed your baby.
- Hormone replacement therapy (HRT) increases the risk of certain cancers.
- Limit use of HRT.



Ensure your children take part in vaccination programmes for:

11

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



Take part in organised cancer screening programmes for:

12

- Bowel cancer (men and women).
- Breast cancer (women).
- Cervical cancer (women).