

EUROPEAN CODE AGAINST CANCER

12 ways to reduce your cancer risk

www.cancercode.eu

- 1 Do not smoke. Do not use any form of tobacco.**
- 2 Make your home smoke free. Support smoke-free policies in your workplace.**
- 3 Take action to be a healthy body weight.**
- 4 Be physically active in everyday life. Limit the time you spend sitting.**
- 5 Have a healthy diet:**
 - Eat plenty of whole grains, pulses, vegetables and fruits.
 - Limit high-calorie foods (foods high in sugar or fat) and avoid sugary drinks.
 - Avoid processed meat; limit red meat and foods high in salt.
- 6 If you drink alcohol of any type, limit your intake. Not drinking alcohol is better for cancer prevention.**
- 7 Avoid too much sun, especially for children. Use sun protection. Do not use sunbeds.**
- 8 In the workplace, protect yourself against cancer-causing substances by following health and safety instructions.**
- 9 Find out if you are exposed to radiation from naturally high radon levels in your home. Take action to reduce high radon levels.**
- 10 For women:**
 - 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.
- 11 Ensure your children take part in vaccination programmes for:**
 - Hepatitis B (for newborns)
 - Human papillomavirus (HPV) (for girls).
- 12 Take part in organized cancer screening programmes for:**
 - Bowel cancer (men and women)
 - Breast cancer (women)
 - Cervical cancer (women).

The European Code Against Cancer focuses on actions that individual citizens can take to help prevent cancer. Successful cancer prevention requires these individual actions to be supported by governmental policies and actions.

This project was coordinated by the International Agency for Research on Cancer and co-financed by the European Commission



You can PREVENT CANCER with the Code

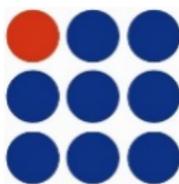
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The European Code Against Cancer is an initiative of the European Commission to inform people about actions they can take for themselves or their families to reduce their risk of cancer. The more recommendations people follow, the lower their risk of cancer will be. **It has been estimated that almost half of all deaths due to cancer in Europe could be avoided** if everyone followed the recommendations of the code.

The fourth edition of the Code is published together with 'Questions & Answers' that provide additional information. These explain the cancer risk addressed by each of the recommendations, and give more details about how people can protect themselves and their families.

About ECL



This information is reproduced by the **Association of European Cancer Leagues (ECL)**, a non-profit, non-governmental organisation based in Brussels, Belgium.

The vision of ECL is **a Europe Free of Cancers**. The role of ECL is to facilitate the collaboration between cancer leagues throughout Europe and to influence EU and pan-European policies.

Our mission is to influence and improve cancer control and cancer care in Europe.

www.europeancancerleagues.org



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