

# Reduce your risk of cancer

Not all cancers can be prevented, but we can all take steps to reduce our risk of cancer. Even after a cancer diagnosis, follow these steps, if you can.



## Don't smoke.

- The best form of defence is not to start smoking.
- Quitting tobacco products reduces your cancer risk.
- For help quitting, visit the HSE Stop Smoking service [www.quit.ie](http://www.quit.ie) or call 1800 201 203.

## Second Hand Smoke.

- Second hand tobacco smoke increases cancer risk.
- Make your home, car and workplace smoke free.



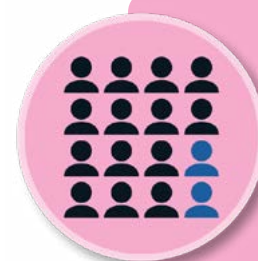
## Vaccinations can protect against some cancers.

- The human papillomavirus (HPV) vaccine protects men and women against some cancers. It is offered to first-year students in secondary schools and people who are at increased risk of exposure to HPV.
- The Hepatitis B (HepB) vaccine protects against liver cancer. It is offered to all babies in Ireland and people at high risk of HepB infection, including healthcare workers.
- Visit [www.immunisation.ie](http://www.immunisation.ie)



## Protect skin.

- Reduce risk of skin cancer by protecting your skin from the sun.
- Never use a sunbed.
- Slip on clothing that covers your skin.
- Slop on sunscreen, using factor +30 for adults and +50 for children.
- Slap on a wide brimmed hat.
- Seek shade especially between 11am to 3pm.
- Slide on sunglasses to protect your eyes.
- Visit [www.hse.ie/SunSmart](http://www.hse.ie/SunSmart)



## Take part in cancer screening programmes for:

- Breast cancer (women aged 50-69 years). Visit [www.breastcheck.ie](http://www.breastcheck.ie)
- Cervical cancer (women and people with a cervix aged 25-65 years). Visit [www.cervicalcheck.ie](http://www.cervicalcheck.ie)
- Bowel cancer (people aged 59-70 years). Visit [www.bowelscreen.ie](http://www.bowelscreen.ie)



## Discuss your oral contraceptive or hormone replacement therapy options with your GP.

- These may increase or decrease your risk of cancer. Everyone is different.



## Follow your workplace health and safety measures.

- These will help to prevent exposure to substances that can cause cancer.
- If you work outdoors protect your skin from the sun.



## Maintain a healthy body weight.

- Avoid weight gain.
- Eating a healthy balanced diet, being physically active, getting enough sleep and taking care of your mental health can all help to maintain a healthy body weight.



## Avoid Alcohol.

- Alcohol increases the risk of at least 7 cancers.
- The less you drink, the lower your risk of cancer.
- Any amount and any type of alcohol increases cancer risk.
- Visit [www.askaboutalcohol.ie](http://www.askaboutalcohol.ie)



## Check radon levels.

- Radon is a radioactive gas that can increase risk of lung cancer. It forms in soils and rocks, and you can't smell it.
- Learn how to check radon levels in your home and workplace and how to take action.
- Visit [www.radon.ie](http://www.radon.ie)



## Eat a healthy balanced diet.

- Include plenty of fruit, vegetables and wholegrains in your diet.
- Limit red meat and avoid processed meat.
- Limit foods high in fat, sugar and salt.
- Your overall diet is more important than focusing on individual foods.



## Be physically active every day.

- Any activity is better than none.
- Physical activity can reduce your risk of cancer by promoting healthy hormone and insulin levels, reducing inflammation and helping maintain a healthy body weight.

Each week aim for

- 2 hours and 30 minutes moderate-intensity physical activity

or

- 1 hour and 15 minutes of vigorous-intensity physical activity

or

- an equivalent combination of moderate and vigorous-intensity

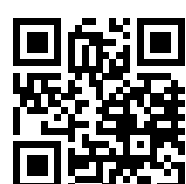
and

- muscle strengthening activities at moderate or greater intensity that involve all major muscle groups on 2 or more days a week.



## Consider breastfeeding, if you can.

- Breastfeeding reduces the mother's risk of breast cancer.
- Visit [www.mychild.ie](http://www.mychild.ie)



Visit [www.hse.ie/preventcancer](http://www.hse.ie/preventcancer) for more information

