

# Irish Cancer Prevention Network



An tSeirbhís Náisiúnta Scaghástála  
National Screening Service

## Reduce your risk of cancer

The risk of getting cancer is affected by many things.

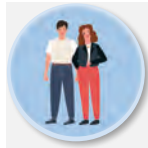
There are things that we can't change, like our age and family history.

But there are things we can do to reduce the risk of cancer.

## Reduce your risk of cancer



**Don't start smoking.** If you are already a smoker, try to quit. You can find support to quit from HSE Quit on 1800 201 203 or [www.quit.ie](http://www.quit.ie)



**Maintain a healthy body weight.** 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.



**Vaccinations can protect against some cancers.**

The human papillomavirus (HPV) vaccine protects against cervical cancer and some other types of cancer. It is offered to 1st year students in secondary school and to high risk groups of people, for example people living with HIV and men who have sex with men. The Hepatitis B vaccine protects against liver cancer and is offered to all babies in Ireland.



**Avoid alcohol.** The less you drink, the lower your risk of cancer. Visit [www.askaboutalcohol.ie](http://www.askaboutalcohol.ie) for support.



**Be SunSmart.** To reduce your risk of skin cancer, protect your skin from the sun and never use a sunbed.



**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. Visit [www.radon.ie](http://www.radon.ie) to learn how to check radon levels in your home or workplace, and take action to reduce them.

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## Reduce your risk of cancer



### Take part in cancer screening programmes.

Ireland has screening programmes for bowel cancer, cervical cancer and breast cancer. For more information visit [www.screeningservice.ie](http://www.screeningservice.ie).



### Eat a healthy balanced diet.

Include plenty of fruit, vegetables and wholegrains in your diet. Limit red meat and avoid processed meat such as chorizo, bacon or salami.



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

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



### Be physically active every day.

Any activity is better than none.



### 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.



### Consider breastfeeding, if you can.

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