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WALK
Katie to
Swimming

1 in 2 people in the UK will develop cancer during their lifetime. It is most likely to affect older people but habits throughout life can affect our risk of developing the disease.

More than 4 in 10 cancers in the UK could be prevented by changes in lifestyle.

Healthy living is not a guarantee against cancer but it can stack the odds in your favour.

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In this leaflet you can find out about:

- lifestyle choices that affect the risk of cancer
- how you can take action to reduce the risk.

Be smoke free

Tobacco causes most lung cancers. It also increases the risk of at least 13 other types of cancer.



You can roughly triple your chances of quitting by using the medication and support from the NHS Stop Smoking Services.

There's lots of free support available, go to www.nhs.uk/smokefree, talk to your doctor or call:

England: 0800 022 4 332

Wales: 0800 169 0 169

Scotland: 0800 84 84 84

Northern Ireland: 0808 812 8008

**If you smoke,
giving up is the
best thing you can
do for your health,
and it's never too
late to quit.**

Keep a healthy weight

Being overweight or obese causes many different types of cancer, including breast and bowel cancer.



The best way to lose weight is to eat healthily, eat smaller amounts and become more active. Your doctor or pharmacist can support you to make changes to your lifestyle or for more information visit www.cruk.org/weight or www.weightconcern.org.uk

Eat healthily

The food we eat can affect our risk of developing cancer, particularly bowel cancer. A healthy balanced diet is best for reducing the risk of cancer and for general health. It is:

- high in fibre, fruit and vegetables
- low in red and processed meat, salt and saturated fat.

For more information visit www.cruk.org/diet



Drink less alcohol

Drinking alcohol causes 7 types of cancer. **The more you cut down on alcohol the more you reduce the risk of cancer.** All types of alcohol – including beer, wine or spirits – can raise the risk of cancer.

Try not to drink more than:



1 standard drink (2-3 units)
a day for women



2 standard drinks (3-4 units)
a day for men.

To find out more visit www.cruk.org/alcohol or www.nhs.uk/Change4Life

Be active

By being physically active, you can reduce the risk of bowel, breast and womb cancers.

The more active you are, the better.
Aim for at least

30 minutes a day **5** days a week

You can do anything that gets you warm and a little out of breath.



Be SunSmart

Too much ultraviolet (UV) radiation from the sun or sunbeds is the main cause of skin cancer.



In the UK the summer sun is strongest between 11am and 3pm. Whether at home or abroad, protect your skin from sunburn when the sun is strong:

- ✓ spend time in the shade
- ✓ cover up with a hat, t-shirt and sunglasses
- ✓ use sunscreen with at least SPF15 and 4 stars on the parts of your skin you can't cover.

Avoid certain infections

Some infections such as HPV (human papillomavirus), and hepatitis B and C can cause cancer.

Using a condom can reduce your chance of getting or spreading these infections. And not sharing needles will lower your risk of getting hepatitis.

Me and my wife decided to grab hold of our lives and do something about the way we live.



Jeff Clark
Lorry driver

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Jeff, a lorry driver from Portsmouth, lost 5 and a half stone by eating healthily and keeping active while out on the road.

His experience has inspired those around him to get fitter and healthier too.

“Me and my wife decided to grab hold of our lives and do something about the way we live. Since I started my jogging as exercise my wife has now taken it up. We’re almost like two new people and we’re doing things we never would have done before.”

Further information

Find out more about our health messages at www.cruk.org/health

If you want to talk in confidence about cancer, call our information nurses on freephone **0808 800 4040**, Monday to Friday, 9am to 5pm.

All our leaflets are thoroughly researched and based on the most up-to-date scientific evidence. They are reviewed by independent experts and updated regularly. You can order our full range of leaflets free online at www.cruk.org/leaflets

About Cancer Research UK

We pioneer life-saving research to bring forward the day when all cancers are cured. From our volunteers and supporters to our scientists, doctors and nurses, we're all here to save more lives and prevent, control and cure all cancers.

Together we will beat cancer sooner. If you want to join the fight, call **0300 123 1861** or visit our website www.cruk.org