

12 Ways to Reduce Your Cancer Risk

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 health 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, 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 radon levels in your home. Take action to reduce high radon levels.
10. For Women:
 - Breast feeding reduces the mother's cancer risk. If you can, breast feed your baby.
 - HRT increases the risk of certain cancers. Limit use of HRT.
11. Ensure your children take part in vaccination programs for:
 - Hepatitis B (newborns)
 - HPV
12. Take part in organized cancer screening programs for:
 - Bowel Cancer (men and women)
 - Breast Cancer (women)
 - Cervical Cancer (women)
 - Colon Cancer (men and women)