

# You can cut your cancer risk

We would all like to cut our cancer risk, right? Thankfully, there are lots of ways to enjoy a healthy life and reduce our risk of cancer.

As we get older, our risk of cancer increases, but there are plenty of changes we can make to reduce it. It's never too late to start. So, let's get going.

## Six ways to cut your cancer risk



### 1. Be smoke free

You don't need us to tell you that smoking is harmful. Tobacco causes most lung cancers and increases the risk of at least 14 other types of cancer. Stopping completely is the best way to cut your cancer risk. But it's not always easy. That's why there's lots of free support to help.

Go to [nhs.uk/smokefree](https://www.nhs.uk/smokefree), or ask a doctor, nurse or pharmacist.

Remember, it's never too late to quit.

You're around  
**3 times**  
more likely to stop by  
using free local stop  
smoking services



### 2. Cut down on booze

Beer, wine, spirits– drinking any type of alcohol increases your cancer risk. The less you drink, the lower your risk will be. Even small changes can help, like having more drink-free days.

Find more about units and tips for cutting back at [cruk.org/alcohol](https://www.cruk.org/alcohol)

Why not try alternating drinks with non-alcoholic ones?

Try to drink less than  
**14 units a week**

Most drinks contain  
**2-3 units**



### 3. Keep a healthy weight

Our weight can have a big impact on our risk of cancer. Being overweight or obese causes at least 13 different types of cancer, including breast and bowel cancer.

Here are some ways to help you keep a healthy weight: eat healthy snacks, be aware of your portion sizes and make small changes to become more active. And don't forget your 5 a day!

A GP or nurse can help, and refer you to a free weight management service. Find out more at [cruk.org/weight](https://www.cruk.org/weight)

Small changes to your diet and activity can make a big difference.



### 4. Think about what's on your plate

Did you know that the foods we eat can affect our risk of getting cancer?

A healthy, balanced diet can help us keep a healthy weight, and some types of food increase or decrease our risk too. Reduce your cancer risk by eating:



More fruit, vegetables, and high-fibre foods, like brown bread, pasta and rice.



Less processed and red meat, sugary drinks and high-calorie foods like fast food.

Find more tips at [cruk.org/diet](https://www.cruk.org/diet)

How could you make tonight's dinner healthier?



## 5. Get moving

Being active helps you keep a healthy weight. If you're very active, you'll also reduce your risk of breast and bowel cancer.

Try fitting more activity into your daily routine. Aim for 30 minutes a day, 5 days a week.

You could do anything that gets you warm and a little out of breath, like brisk walking, cycling – even some housework or dancing.

### How can you be more active?

## 4 in 10 cases of cancer in the UK could be prevented

So we're supporting people to reduce their cancer risk.

Our leaflets guide you through the changes you can make and are based on a balance of all the scientific evidence. They're free to order online – just go to [cruk.org/leaflets](http://cruk.org/leaflets)



## 6. Stay safe in the sun

It's important to protect yourself from the sun, especially if you burn easily.

Too much ultraviolet (UV) radiation from the sun or sunbeds is the main cause of skin cancer. No matter where you are, home or abroad, here are some tips to stay safe when the sun is strong:



Spend time in the shade, especially between 11am-3pm



Cover up with a hat, t-shirt and sunglasses



On the parts of your body that aren't covered, use sunscreen with at least SPF15 and a 4 or 5 star rating

**Don't let sunburn catch you or your family out.**

## How to find out more

### We're online...



If you're thinking about making changes to improve your health and reduce your cancer risk, there's plenty of information and tips at [cruk.org/health](http://cruk.org/health)

### ...and on the phone



Our Nurse Helpline is there if you're looking for information or support. Just call **0808 800 4040**.



**CANCER  
RESEARCH  
UK**

**Together we will beat cancer**