Did you know, 4 in 10 cancer cases in the UK could be prevented?

It’s never too late to make changes to reduce your cancer risk

Find out more at cruk.org/health
Where will you start?
These six steps are proven to reduce your risk of cancer.

Be smoke free
Keep a healthy weight
Eat a healthy, balanced diet
Drink less alcohol
Be safe in the sun
Be more active

Find out more at cruks.org/health

January 2019.
If you smoke, stopping completely is the best thing you can do for your health.

The good news is, there’s support. Head to cru.k.org/smoking
Thinking about stopping smoking?

- Whether it’s your first attempt or your tenth, it’s never too late
- Using Stop Smoking Services, you are roughly 3 times more likely to succeed

For more info visit nhs.uk/smokefree

Ask about free quitting services and treatments

January 2019
Research so far shows e-cigarettes are far less harmful than smoking

- E-cigarettes were the most popular tool for quitting smoking last year in the UK
- Stop Smoking Services can help you find the way that will work for you

Find out more at cruk.org/smoking
Obesity is the biggest preventable cause of cancer after smoking

- **Small changes** that you can stick with help keep the weight off for good
- **Look at those labels!** Check the fat and sugar content of food to help you make healthy choices

Find more tips at [cruk.org/obesity](http://cruk.org/obesity)
A healthy diet could help prevent cancer, so try our simple tips to cut your risk:

1. Try swapping red or processed meat like sausages or bacon for fresh chicken or fish.
2. Snack smarter! Pack fresh fruit to reduce your chances of reaching for chocolate or crisps.
3. Wholegrain food options are high in fibre and nutrients, and keep you fuller for longer.

Find more tips at crusorg/diet

Did you know alcohol is a cause of cancer?

- The good news is, the less you drink, the lower your risk

Find tips on cutting back at cruk.org/alcohol
Cutting down on alcohol can reduce your cancer risk, so why not try our tips:

- Have more alcohol-free days each week
- Swap every other alcoholic drink for a non-alcohol one
- Get a partner or friend to join you and stick to the changes

Find out more at cruk.org/alcohol
Tips for seeing your doctor

Know what is normal for you. Tell your doctor about any new or unusual changes.

Be open. Don’t put any changes down to getting older.

Find out more at cru.k.org/spotcancerearly
Tips for seeing your doctor

Be stubborn. If your problem doesn’t go away, don’t be afraid to come back to your doctor.

Ask your doctor to explain anything you don’t understand.

Find out more at cru.k.org/spotcancerearly
Spotting cancer early saves lives

- When cancer is diagnosed at an early stage, treatment is more likely to be successful
- Tell your doctor about any unusual or lasting changes to your body
- In most cases it won’t be cancer, but it’s best to get it checked out
The UK has three cancer screening programmes

Bowel

Cervical

Breast

For more info, visit cru.k.org/screening or ask your doctor

January 2019.
Screening helps diagnose cancer early by looking for signs of disease.

- It is for people who don’t have symptoms, and might feel healthy.
- Read the information you are sent with your invitation carefully to help you decide if you want the test.

For more info, visit cruk.org/screening or ask your doctor.
If you’d like to take part in bowel screening, it’s easier than you think

- The test can help pick up bowel cancer at an early stage, by looking for hidden blood in your poo
- When you become eligible, you’ll be sent a free bowel screening kit every 2 years
- Collecting your sample doesn’t take long and you can do it at home, then you send it off for testing

For more info, visit cruk.org/bowelscreening