

You can cut your cancer risk

Did you know we can all reduce our risk of cancer?

As we get older, our risk of cancer increases. But whatever your age, making small changes can make a big difference.

Around 4 in 10 cases of cancer in the UK could be prevented.

There are lots of ways to enjoy a healthy life and reduce our risk.

Six ways to cut your cancer risk

- 1. Be smokefree:**
Get support from your free local stop smoking service and visit [nhs.uk/smokefree](https://www.nhs.uk/smokefree)
- 2. Keep a healthy weight:**
Find out more at [cruk.org/weight](https://www.cruk.org/weight)
- 3. Stay safe in the sun:**
Find out more at [cruk.org/sun](https://www.cruk.org/sun)
- 4. Cut down on alcohol:**
Find out more at [cruk.org/alcohol](https://www.cruk.org/alcohol)
- 5. Think about what's on your plate:**
Find out more at [cruk.org/healthy_plate](https://www.cruk.org/healthy_plate)
- 6. Get moving:**
Find out more at [cruk.org/physical-activity](https://www.cruk.org/physical-activity)

It's never too late to start. So, let's get going.

01. Be smokefree

You don't need us to tell you that smoking is harmful. Tobacco causes most lung cancers and 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 a range of tools and free support to help you give up for good.

Get support from your free local stop smoking service, doctor or pharmacist and go to www.nhs.uk/smokefree.

Remember, it's never too late to stop smoking.

02. Keep a healthy weight

Keeping a healthy weight can reduce the risk of 13 types of cancer, including breast and bowel cancer.

Small changes add up to make a big difference.

You can get there by:

- keeping to a **meal routine**
- being aware of your **portion sizes**
- making small changes to **be more active**
- having your **five a day of fruit or veg**

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A GP, nurse or pharmacist can help you, and also refer you to a free weight-management service.

03. Stay safe in the sun

No matter where you are, at home or on holiday, it's important to protect yourself from the sun.

Too much ultraviolet (UV) radiation from the sun or sunbeds is the main cause of skin cancer. The sun is often strong enough to cause damage in the UK, even when it's cloudy. So, here are some tips to stay safe in the sun:

- Spend time in the shade, especially between 11am–3pm
- Cover up with a hat, t-shirt and sunglasses
- Use sunscreen generously and regularly on the parts of your body that can't be covered.

04. Cut down on alcohol

Beer, wine, spirits – drinking any type of alcohol increases your risk of seven different types of cancer. The less you drink, the lower your risk will be. Changes like not stocking up with alcohol at home and alternating your drinks with non-alcoholic ones can help.

Why not try keeping a record of how much you drink to see what helps you cut down?

The NHS recommends drinking no more than 14 units of alcohol a week. Most drinks contain 2–3 units.

05. Think about what's on your plate

A healthy, balanced diet can help us keep a healthy weight. And some types of food increase or decrease our risk of cancer too.

Reduce your cancer risk by eating:

- More fruit and veg, and wholegrain bread, pasta and rice.
- Less processed and red meat, fast food and sugary snacks.

06. Get moving

Being active helps you keep a healthy weight which reduces your risk of cancer.

Any activity is better than none, you can start small and build it up!

Try fitting more activity into your daily routine. Anything that gets you warm and a little out of breath, like brisk walking, dancing, cycling – even housework. Aim to be active every day.

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That's why we're supporting people to reduce their cancer risk.

Our leaflets guide you through the changes you can make and are based on lots of quality research carried out over many years.

To find out if you're a healthy weight, visit www.nhs.uk/live-well/healthy-weight/

If you would like more support to reach a healthy weight, you can speak to your doctor, nurse or pharmacist who'll be able to help. They may also be able to refer you to a weight management service.

How to find out more:

Visit our website

If you're thinking about making changes to improve your health and reduce your cancer risk, get information and tips at www.cruk.org/health

Give us a call

Speak to a nurse for advice or support on our free Nurse Helpline. Just call **0808 800 4040**

If you have any questions about Cancer Research UK or would like to support our work, call **0300 123 1022**

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