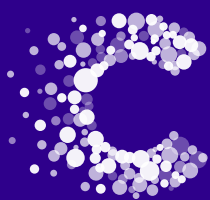


Did you know, 4 in 10 cancer cases in the UK could be prevented?

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

Find out more at cruk.org/health



CANCER
RESEARCH
UK

Together we will beat cancer

September 2021

BMI	<18	18.5	25-30	30-35	>35
My height:	164				
My weight:		75kg			
My BMI:			27.9		
My waist circumference:					
Male	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Female	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

My BMI is greater than the most of people of my age and sex. The longest period of time I have smoked is... Casual smoking can increase your risk of cancer. It's worth giving up now. No matter how long you've smoked, it's never too late to stop.



Where will you start?

These are six proven ways to reduce your cancer risk



Be smoke
free



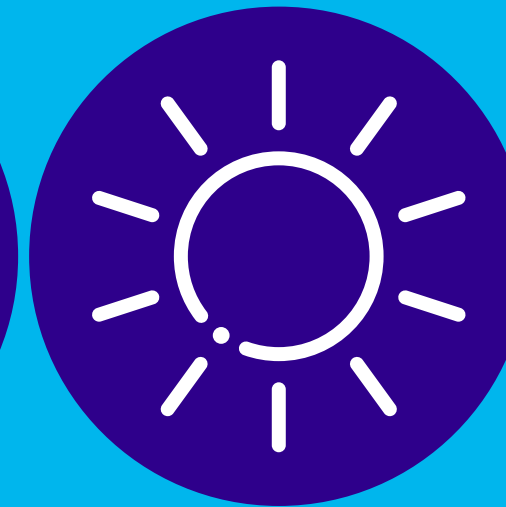
Keep a healthy
weight



Eat a healthy,
balanced diet



Drink less
alcohol




Be safe in
the sun



Be more
active

Find out more at cruk.org/health



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

The
good news
is, there's free
support. Head
to [nhs.uk/
smokefree](https://www.nhs.uk/smokefree)

September 2021



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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



More people than ever are stopping smoking



- Your local, free stop smoking service can give you specialist support and advice on quitting tools:

These might include:

- nicotine replacement therapy (NRT)
- prescription medicine
- e-cigarettes

Find out more at cruk.org/smoking



Together we will beat cancer

Obesity increases the risk of 13 different types of cancer

- **Small changes** that you can stick with help keep the weight off for good
- **Look at those labels!** Choose low fat, low sugar options where you can - it all adds up

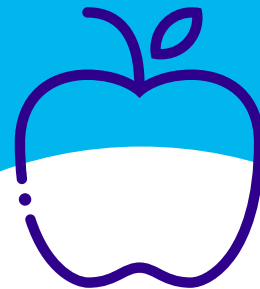


Find more tips at [cruk.org/obesity](https://www.cruk.org/obesity)

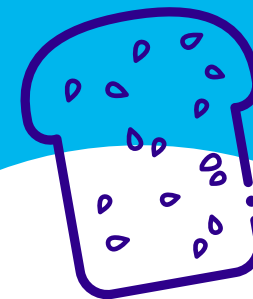
A healthy diet could help prevent cancer... why not start with one change today?



Try swapping red or processed meat like sausages or bacon for fresh chicken, beans or fish



Snack smarter!
Pack fresh fruit to reduce your chances of reaching for chocolate or crisps



Wholegrain food options are high in fibre and nutrients, and keep you fuller for longer

Find more tips at cruk.org/diet

Did you know alcohol is a cause of cancer?



- Alcohol can cause 7 different types of cancer
- The good news is, the less you drink, the lower your risk

Find tips on cutting back at
cruk.org/alcohol



Together we will beat cancer

Cutting down on alcohol can reduce your cancer risk, so try our top-tips:

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

Find out more at cruk.org/alcohol



Together we will beat cancer

Have more
questions
about cancer,
or looking for
some advice?

Visit cruk.org/aboutcancer for
the latest cancer information,
including more on the causes of
cancer and how you can reduce
your risk

September 2021



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