

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

Where will you start?

These are six proven ways to reduce your cancer risk



Be smoke
free



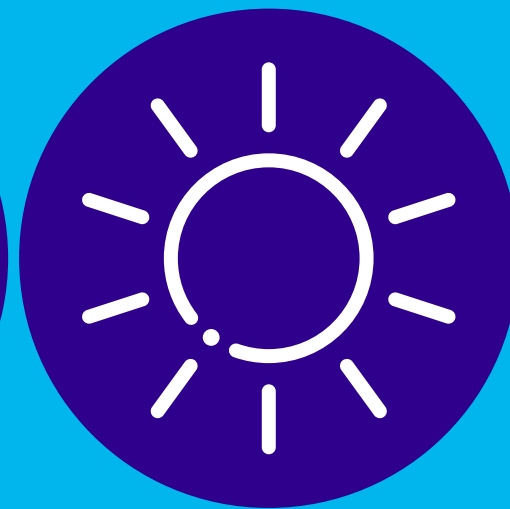
Keep a healthy
weight



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)

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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



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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

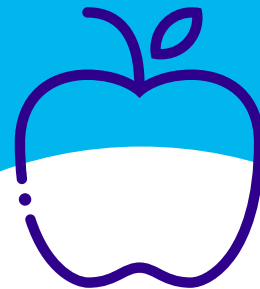


Find more tips at [cruk.org/obesity](https://www.cruk.org/obesity)

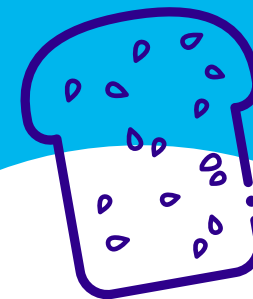
A healthy diet could help prevent cancer... why not start with one change today?



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



Tips for seeing your doctor



Listen to your body. Tell your doctor about any unusual changes or something that won't go away



Be thorough. Mention all your symptoms and don't put any unusual changes down to just getting older

Find out more at cruk.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 cruk.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 if something's unusual or won't go away
- **In most cases it won't be cancer**, but it's best to get it checked out

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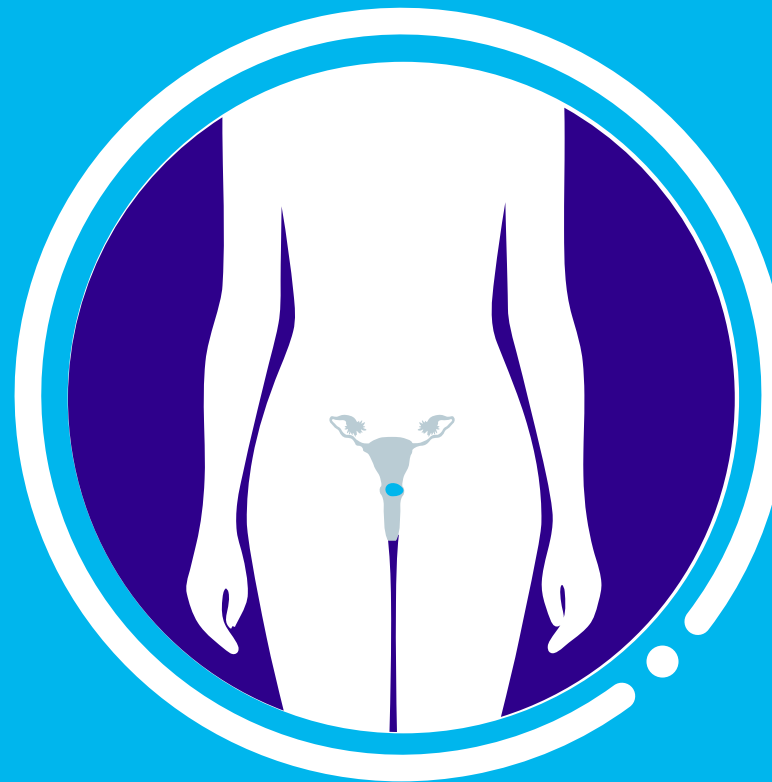
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The UK has three cancer screening programmes

Bowel



Cervical



Breast



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

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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 to take part

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

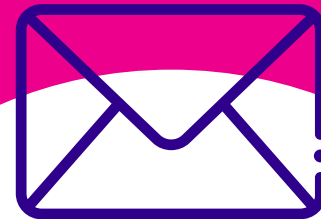


Together we will beat cancer

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

Want to chat about your experience with cancer?



- If you or someone close to you have been affected by cancer, you can call our free nurse helpline on 0808 800 4040
- Our service is confidential and open Monday to Friday, 9am to 5pm

And chat to other people affected by cancer at cancerchat.org.uk



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