

# 4 in 10 cancer cases in Wales can be prevented...



...make a change to reduce the risk of cancer



Be smoke free



Keep a healthy weight



Avoid certain substances at work such as asbestos



Be safe in the sun



Protect against certain infections such as HPV and H.Pylori



Eat a high fibre diet



Drink less alcohol



Avoid unnecessary radiation including radon gas and x-rays



Cut down on processed meat



Avoid air pollution



Breastfeed if possible



Minimise HRT use



Be more active

●●● Larger circles indicate more Wales cancer cases

Circle size here is not relative to other infographics based on Brown et al 2018.

Source: Brown et al, British Journal of Cancer, 2018