

# European Code Against Cancer

5th edition



## 14 ways you can help prevent cancer

1



### Smoking

Do not smoke. Do not use any form of tobacco, or vaping products. If you smoke, you should quit.

2



### Exposure to other people's tobacco smoke

Keep your home and car free of tobacco smoke.

3



### Overweight and obesity

Take action to avoid or manage overweight and obesity:

- Limit food high in calories, sugar, fat, and salt.
- Limit drinks high in sugar. Drink mostly water and unsweetened drinks.
- Limit ultra-processed foods.

4



### Physical activity

Be physically active in everyday life. Limit the time you spend sitting.

5



### Diet

Eat whole grains, vegetables, legumes, and fruits as a major part of your daily diet. Limit red meat, and avoid processed meat.

6



### Alcohol

Avoid alcoholic drinks.

7



### Breastfeeding

Breastfeed your baby for as long as possible.

8



### Sun exposure

Avoid too much sun exposure, especially for children. Use sun protection. Never use sunbeds.

9



## Cancer-causing factors at work

Inform yourself about cancer-causing factors at work, and call on your employer to protect you against them. Always follow health and safety instructions at your workplace.

10



## Indoor radon gas

Inform yourself about radon gas levels in your area by checking a local radon map. Seek professional help to measure levels in your home and, if necessary, reduce them.

11



## Air pollution

Take action to reduce exposure to air pollution by:

- Using public transportation, and walking or cycling instead of using a car
- Choosing low-traffic routes when walking, cycling, or exercising
- Keeping your home free of smoke by not burning materials such as coal or wood
- Supporting policies that improve air quality.

12



## Cancer-causing infections

- Vaccinate girls and boys against hepatitis B virus and human papillomavirus (HPV) at the age recommended in your country.
- Take part in testing and treatment for hepatitis B and C viruses, human immunodeficiency virus (HIV), and *Helicobacter pylori*, as recommended in your country.

13



## Hormone replacement therapy

If you decide to use hormone replacement therapy (for menopausal symptoms) after a thorough discussion with your health-care professional, limit its use to the shortest duration possible.

14



## Organized cancer screening programmes

Take part in organized cancer screening programmes, as recommended in your country, for:

- Bowel cancer
- Breast cancer
- Cervical cancer
- Lung cancer.