

# European Code Against Cancer



- 1 Do not smoke.  
Do not use any form of tobacco.
- 



- 2 Make your home smoke free.  
Support smoke-free policies in your workplace.
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- 3 Take action to be a healthy body weight.

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



Have a healthy diet:

- Eat plenty of whole grains, pulses, vegetables and fruits.
- Limit high-calorie foods (foods high in sugar or fat) and avoid sugary drinks.
- Avoid processed meat; limit red meat and foods high in salt.



**6** If you drink alcohol of any type, limit your intake. Not drinking alcohol is better for cancer prevention.

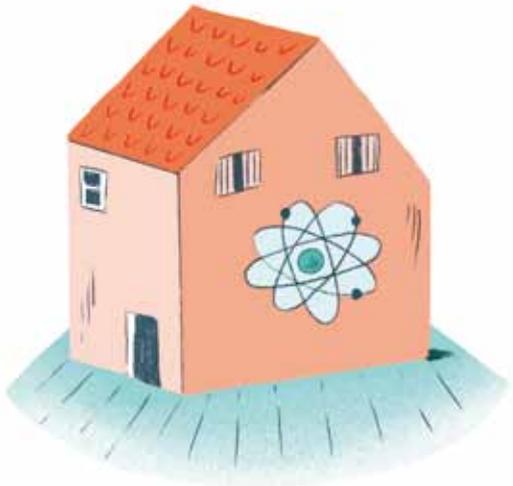
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**7** Avoid too much sun, especially for children. Use sun protection. Do not use sunbeds.



**8** In the workplace, protect yourself against cancer-causing substances by following health and safety instructions.



**9** Find out if you are exposed to radiation from naturally high radon levels in your home. Take action to reduce high radon levels.

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For women:

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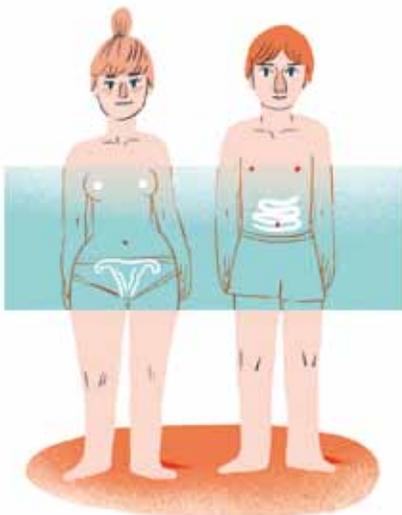
- Breastfeeding reduces the mother's cancer risk. If you can, breastfeed your baby.
- Hormone replacement therapy (HRT) increases the risk of certain cancers.
- Limit use of HRT.



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Ensure your children take part in vaccination programmes for:

- Hepatitis B (for newborns).
- Human papillomavirus (HPV) (for girls).



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Take part in organised cancer screening programmes for:

- Bowel cancer (men and women).
- Breast cancer (women).
- Cervical cancer (women).

