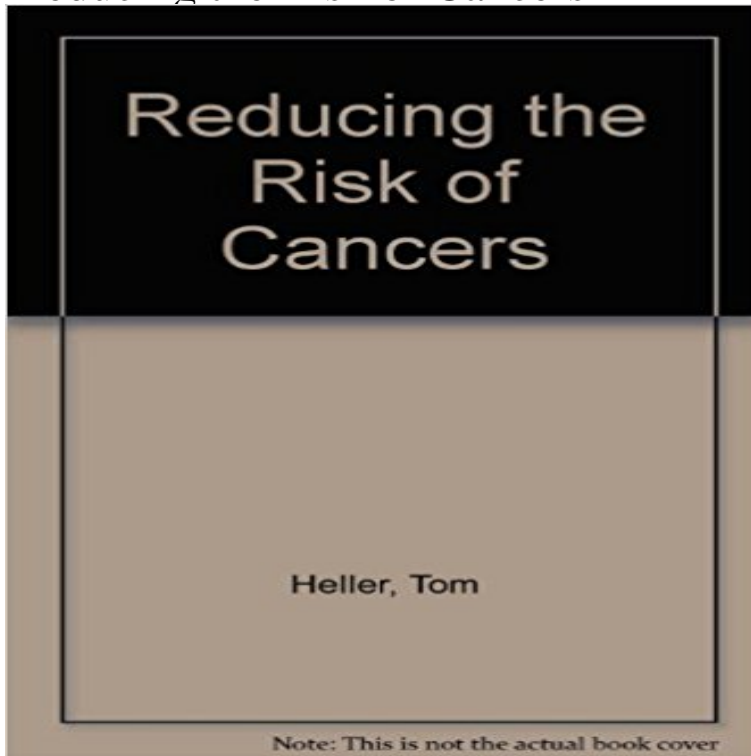


## Reducing the Risk of Cancers



This book has been produced as part of the European Commissions programme Europe Against Cancer and emerges from the Lisbon Colloquium held in February 1989. The book includes previously unpublished papers and the reports of major debates about cancer prevention. Experts from across Europe address the major issues: what are the best strategies for prevention? where is research most urgently needed? and how can we get the essential educational messages across? All agree that concerted action now could create a healthier society in which cancers are a far less prominent cause of death.

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**Reducing Risk for Cancer LIVESTRONG** Cancers affected. Physical activity may reduce the risk of a variety of cancer types. Research shows that being physically active helps reduce the risk of a variety **How to reduce cancer risk - Canadian Cancer Society** Reducing your risk. Be a non-smoker and avoid second-hand smoke. Keep a healthy body weight. Be active and eat well. Limit alcohol. The less you drink, the more you reduce your risk. Protect your skin. Be safe in the sun and dont use tanning beds or lamps. **Cancer Prevention Diet: How to Lower Your Risk with Cancer** You can read our tips and advice for making lifestyle changes that could reduce your cancer risk in this section. And there are lots of other **Reduce Your Cancer Risk American Institute for Cancer Research** To reduce cancer risk, most people need to keep their BMIs below 25. Ask your doctor what your BMI number means and what action (if any) **Mouth and throat cancer World Cancer Research Fund UK** Prevent cancer by eating cancer-fighting foods and following these other lifestyle tips that can lower your cancer risk from the experts at **News for Reducing the Risk of Cancers** WebMD discusses 8 simple ways to lower you cancer risk, including specific diet and exercise tips. **Cancer Prevention and Risk Reduction - Dana-Farber Cancer Institute** You can reduce your risk of getting cancer by making healthy choices like keeping a healthy weight, avoiding tobacco, limiting the amount of **Cancer Prevention What you can do to reduce your risk of cancer** Eating a low-fat diet can help lower risk for breast cancer. **Can Food Reduce Your Risk of Breast Cancer? -** We have lots of leaflets, booklets, and online information that informs people of how they can reduce their risk of cancer by making healthy lifestyle choices. **Causes of Cancer Cancer Research UK** There are no guarantees, but health screenings and some lifestyle changes can help you stay healthy and reduce your risk for cancer. Let your provider know **Lowering Cancer Risk: Foods, Exercise, Alcohol, and More - WebMD** Can womb cancer be prevented? As with all cancers, the risk of developing womb cancer depends on a How can you reduce your risk of womb cancer? **Reduce your cancer risk - NHS Choices** Cancers dont develop overnight.

These cancer-fighting foods and other lifestyle moves can significantly reduce your cancer risk. Of course, you should always **Reduce your cancer risk - NHS Choices Reducing Your Risk of Cancer - ACOG** One of the biggest factors that can make a person more likely to get cancer is age: 3 out of 4 cancers are found in people aged 55 or older. But there are many **30 Simple Ways You Can Prevent Cancer Readers Digest** Cancer prevention Real-life strategies to reduce your risk of cancer. **Bowel cancer World Cancer Research Fund UK** Two kinds of surgery can be performed to reduce the risk of breast cancer in a woman who has never been diagnosed with breast cancer but is known to be at **12 ways to reduce your cancer risk Irish Cancer Society Can cancer be prevented? Cancer Research UK** Share our infographic with your friends and family or read the advice below on 12 ways to reduce your cancer risk. Download the infographic in PDF format here. **Womb cancer World Cancer Research Fund UK** The main causes of mouth and throat cancer are tobacco and alcohol, but there are also several lifestyle choices you can make to reduce your risk of developing **Aspirin to Reduce Cancer Risk - National Cancer Institute Reduce your risk Irish Cancer Society** Additionally, evidence indicates that physical activity may reduce the risks of several cancers through other mechanisms, independent of its effect on obesity. **Cancer prevention: 7 tips to reduce your risk - Mayo Clinic** For example, eating a traditional Mediterranean diet rich in fruit, vegetables, and healthy fats like olive oil can lower your risk for a variety of common cancers, **Diet and Physical Activity: Whats the Cancer Connection?** How can you prevent cancer? Find ways to reduce your risk, including not smoking, being sun smart, limiting alcohol, diet and exercise. **CDC - Making Healthy Choices to Lower Cancer Risk** Healthy dinner of chicken and vegetables. Eating a healthy balanced diet can play an important role in reducing your risk of cancer. More about diet and cancer **6 Steps to Help Lower Your Cancer Risk - American Cancer Society Physical Activity and Cancer Fact Sheet - National Cancer Institute** Can bowel cancer be prevented? As with all cancers, the risk of developing bowel cancer depends on a **How can you reduce your risk of bowel cancer? Get regular cancer screening tests.** Regular screening tests can catch some cancers early, when theyre small, have not spread, and are easier to treat. Get to and stay at a healthy weight. Exercise regularly. Eat a healthy diet. Avoid tobacco. Limit alcohol.