4 in 10 cancer cases can be prevented...





Be smoke free

Keep a healthy weight

Be safe in the sun

Avoid certain substances at work such as asbestos

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

Protect against certain infections such as HPV and H.Pylori

Drink less alcohol

Eat a high fibre diet

Avoid unnecessary radiation including radon gas and x-rays

CANCER RESEARCH

Cut down on processed meat

Avoid air pollution

Breastfeed if possible

Be more active

Minimise HRT use

Larger circles indicate more UK 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

cruk.org/prevention
Together we will beat cancer