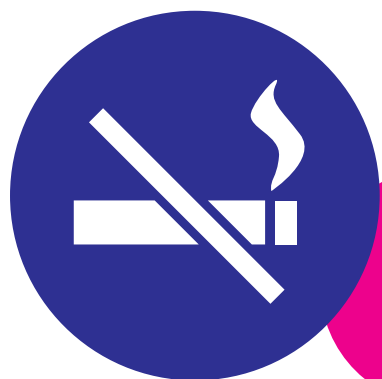


# 4 IN 10 CANCER CASES CAN BE PREVENTED...



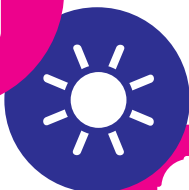
...MAKE A CHANGE TO REDUCE THE RISK OF CANCER



Be smoke free



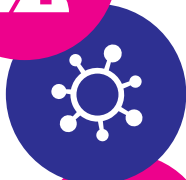
Keep a healthy weight



Be safe in the sun



Avoid certain substances at work such as asbestos



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



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

LET'S BEAT CANCER SOONER  
[cruk.org/prevention](http://cruk.org/prevention)



CANCER RESEARCH UK