



Screening

What you should know

- Cancer screening is a free service that looks for early signs of cancer in people without symptoms
- Screening can detect cancer at its earliest stage when treatment is more likely to be successful
- Three national cancer screening programmes are available in Ireland:

- **BowelScreen** - Bowel cancer screening is offered to people aged 60 - 69 every 2 years
- **BreastCheck** - Breast cancer screening is offered to women aged 50 - 69. They are invited to have a mammogram every 2 years
- **CervicalCheck** - Cervical screening is offered to people with a cervix aged 25-65. HPV Cervical Screening is a new and more effective way of screening than the Smear. Cervical screening is offered as follows:
 - Every 3 years for people aged 25 - 29
 - Every 5 years for people aged 30 - 65



Avoid too much sun exposure

What you should know

- Skin cancer is the most common cancer in Ireland
- Do not deliberately try to get a suntan. Remember tanned skin is damaged skin
- Avoid getting a sunburn
- Never use a sunbed
- Know the UV index

More Irish people are diagnosed with skin cancer than any other type of cancer. The number of people diagnosed with skin cancer keeps rising. Over exposure to ultraviolet (UV) light from the sun or sunbeds is the main cause of skin cancer. This means that most cases of skin cancer can be prevented by being SunSmart and never, ever using sun beds.

Be SunSmart:

- **The simple SunSmart code are the 5 Ss:**
- **Slip** on clothing that covers your skin, such as long sleeves, collared t-shirts
- **Slop** on sunscreen on exposed areas, using factor 30+ for adults and 50+ children, plus good UVA protection
- **Slap** on a wide-brimmed hat
- **Seek** shade - especially if outdoors between 11am and 3pm - and always use a sunshade on a child's buggy
- **Slide** on UV protective sunglasses to protect your eyes

Early detection is the key to successful treatment of skin cancer.

Check your skin regularly for damage or changes. Look for new moles or moles that have changed in shape, size, elevation or colour. You should also see a GP straight away if a mole is itchy, has an irregular boarder or is asymmetrical.



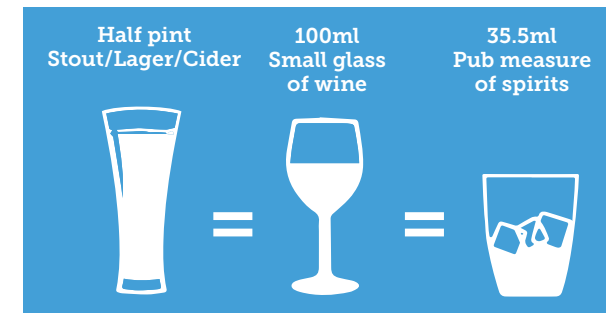
Limit how much alcohol you drink

What you should know

- Each year in Ireland, 900 people are diagnosed with alcohol-related cancers
- Alcohol causes 7 types of cancer, including breast, bowel, head and neck cancers
- The less you drink, the lower the risk of cancer

Around 500 people die from alcohol-related cancers each year in Ireland. The less alcohol you drink, the lower the risk of bowel cancer, breast cancer and many other cancers and diseases. Less is best and none is better. If you do drink, drink no more than 17 standard drinks a week if you are a man and 11 standard drinks a week if you are a woman. Be aware of how many standard drinks are in your drink. There may be more than one.

A standard drink



Ensure that you have some days where you do not drink any alcohol at all. Do not binge drink.

People who both smoke and drink are seriously increasing their risk of cancer because drinking alcohol makes it easier for the tissues in your mouth and throat to absorb the carcinogenic (cancer-causing) chemicals contained in tobacco smoke.

About the Marie Keating Foundation

The Marie Keating Foundation was set up, following Marie's death from breast cancer in 1998. After losing their mother, the Keating family promised that they would do everything they could to ensure men and women in every community in Ireland had access to the necessary information to prevent cancer or detect it at its earliest stages. The Marie Keating Foundation supports families across Ireland at every step of their cancer journey.

Through its community information service, the Foundation's nurses have engaged with over 600,000 people about the causes and risk factors of cancer. The Foundation offers national cancer awareness and education campaigns covering the most common cancers affecting people in Ireland, including bowel, testicular, breast, cervical, lung, prostate, and skin cancer.

Given the fact that there are more than 200,000 cancer survivors in Ireland today, the Marie Keating Foundation supports cancer survivors through its Positive Living and Survive & Thrive programmes, which are run nationwide, free of charge, for men and women. Over 1,200 cancer survivors have attended courses and seminars since the programmes' inception in 2014. The Survive & Thrive Programme is aimed at assisting anyone who has come through treatment to adjust to their 'new normal' and offer practical advice and help in many areas of life including diet and exercise, emotional support and adjusting to returning to work. The Positive Living programme is for men and women living with advanced cancer and supports them in coping with their specific physical and psychological needs. The Foundation's recently launched survivorship website www.surviveandthrive.ie has a host of information and advice for anyone living with or beyond cancer.

The Marie Keating Foundation has best-of-class corporate governance structures having achieved the 'Triple Lock' standard for best practice governance in the charity sector and having won a Good Governance award in 2021.



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Reduce your risk of cancer

1 in 2
people in Ireland
are affected by cancer

people in Ireland
are affected by cancer

BUT
30- 50%
of cancers can
be prevented

Take action and make simple choices to reduce your risk of Cancer



Marie Keating
FOUNDATION

You can cut your risk of cancer

There are many ways to enjoy a healthy life and decrease your risk of cancer. You may think that cancer is down to bad luck or bad genes. However, did you know that 30 – 50% of cancers can be prevented if we make simple changes to our everyday life? It's never too late to start so let's get going?

Scientists estimate that we decrease our risk of cancer by 30 – 50% by:

- 1. Not smoking
- 2. Eating a healthy diet and being a healthy body weight
- 3. Being physically active
- 4. Avoiding too much exposure to the sun
- 5. Limiting how much alcohol we drink
- 6. Getting vaccinate (HPV)
- 7. Availing of cancer screening services

Making lifestyle changes can be difficult but the benefits can be huge, helping you lead a longer, healthier life.

You can start by making small changes and building your confidence until you are ready to make bigger changes. Asking friends or family to join with you as you try to live a healthier life can help, too.



Eat a healthy diet. Be a healthy weight

What you should know

- Obesity/body weight is linked to up to 40% of some cancers
- Breast, bowel and uterine (womb) cancer are linked to obesity
- Eat a healthy diet and keep a healthy weight

Many types of cancer are more common in people who are overweight or obese, including two of the most common cancers in Ireland: breast and bowel cancers. Obesity is linked with so many types of cancer because fat cells in the body are active and produce hormones and proteins. These 'chemical messengers' can affect almost every part of the body and increase the risk of several different types of cancer.

- To reduce your cancer risk, eat a healthy diet.
- Enjoy a wide variety of foods from the 5 food groups:
- Vegetables and legumes (beans)
 - Fruit
 - Grain (cereal) foods, mostly wholegrain and high-fibre
 - Lean meats and poultry, fish, eggs, tofu, nuts and seeds
 - Milk, yoghurt, cheese.

- Chose a smaller serving size
- Avoid frying - Grill, bake, steam or boil food instead
- Limit treats - Do not eat too many biscuits, cakes, sweets or savoury snacks
- Limit your salt intake
- Drink plenty of water - Aim for 2 litres a day
- Avoid processed meat - Do not eat too much ham, bacon, salami or sausage
- Limit your red meat intake - Only have 2 portions per week of red meats such as beef and lamb



Be physically active

What you should know

- Exercise can reduce risk of many cancers
- Try to get at least 30 minutes of exercise a day
- Try walking, taking the stairs or jogging

If you are physically active, you will reduce your risk of getting many types of cancer including bowel, breast and uterine (womb) cancer, as well as kidney, pancreatic, prostate and lung cancer. Being physically active is beneficial to your health, even if you lose no weight.

It can be easier than you think to increase your activity levels, even if you don't do much at the moment. Making small changes, like taking the stairs instead of the lift or making short journeys on foot, can really help increase how active you are. It's never too late to start making a difference.

Aim to do at least 2.5 hours of moderate activity every week. This is the same as 30 minutes on 5 days of the week. Teens and young adults need an average of 60 minutes per day

- You don't have to do it all in one go. All the bits you do throughout the week add up. Just 10 minutes at a time can count.
- You can build up the amount of activity you do steadily over time.
- There is no need to join a gym or train for a marathon, unless you want to.
- The more active you are, the greater the benefits you can gain.

Activity doesn't just mean sport and exercise. Anything that makes you a bit warmer and slightly out of breath counts as moderate activity, including brisk walking, household tasks like hoovering or DIY or kicking a ball in the park.



Quit smoking

What you should know

- One in every two smokers will die of a tobacco related disease
- Smoking causes 90% of lung cancers
- E-cigarettes also contain toxic substances
- If you don't smoke, don't start. If you do smoke, quit now

Everybody knows that smoking is harmful. Tobacco causes most lung cancers and increases the risk of at least 14 other types of cancer. Stopping completely is the best way to cut your cancer risk. But it's not always easy. There is lots of free support available. It's never too late to quit as the health benefits of quitting start straight away.

Freephone 1 800 201 203 or Free Text QUIT to 50103 if you or anyone you know needs help to quit.

If you can quit for 28 days you are 5 times more likely to quit for good.



HPV and the HPV Vaccination

What you should know

- HPV stands for 'Human Papilloma Virus', which is a group of very common and highly contagious viruses
- HPV is spread by intimate sexual skin-to-skin contact. Using condoms can reduce the risk of catching HPV, but condoms do not offer complete protection
- You can get HPV by having vaginal, anal, or oral sex with someone who has the virus, regardless of your gender identity or sexual orientation
- Approximately 80% of people will get a HPV infection during their lifetime
- Most HPV infections cause no symptoms and resolve spontaneously
- HPV infection is most common in people in their late teens and early 20s
- HPV causes the majority of cancers of the cervix, vulva, throat, penis, head and neck
- HPV vaccine is available to boys and girls in their first year of secondary school
- The National Immunization Advisory Committee (NIAC) recommend a single dose schedule of HPV9 vaccine for all those aged 9 years to less than 25 years of age
- Most effective when given before a person becomes sexually active
- Used with regular cervical screening later in life, it is an effective way to prevent cervical cancer developing