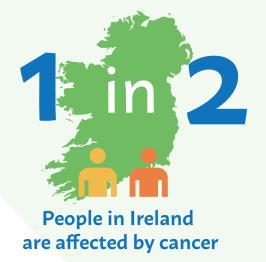
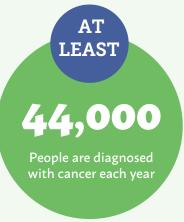


## Your Health Your Choice

## **Cancer in Ireland**









**Smoking** 



1 in every 2 smokers will die of a tobaccorelated disease



Smoking causes 30% of cancers in Ireland



Quit now and get free support. Free phone 1800 201 203 or visit www.quit.ie



Weight & Diet



Being overweight or obese has been linked to up to 40% of some cancers



Breast, womb (uterus) and bowel cancer are 3 of the many cancer types linked to obesity



By eating a balanced diet and maintaining a healthy weight, you can reduce your risk



**Exercise** 



Just 30 minutes of moderate activity each day can help to reduce your risk of cancer



Activities like walking, vacuuming and dancing all count as moderate activity



Exercise reduces your risk of breast, bowel and womb (uterine) cancer



SunSmart



Skin cancer is Ireland's most common form of cancer



Using sunbeds greatly increases your risk of all types of skin cancer. Risk of melanoma skin cancer increases by up to 20% with just one sunbed use



Follow the SunSmart code to drastically reduce your risk. Know the UV Index



Alcohol



Around 900 people are diagnosed with alcohol-related cancers in Ireland and 500 die as a result



Alcohol is a known cause of mouth, throat, voice box, oesophagus (foodpipe), breast, liver and bowel cancer



When it comes to alcohol less is best and none is better. Weekly low-risk alcohol guidelines are:

- <11 standard drinks for women</li>
- <17 standard drinks for men



HPV Vaccine



HPV causes 1 in 20 cancers worldwide



HPV vaccination can prevent over 90% of cancers caused by HPV, as well as anal, vaginal, cervical, and vulvar precancers (abnormal cells that can lead to cancer)



The HPV vaccine will help protect boys and girls from certain types of HPV infections that may develop into cancers later in life



Screening



Cancer screening is looking for signs of cancer before a person has any symptoms



In Ireland cancer screening is available for Breast, Cervical and Bowel cancer



Visit www.screeningservice.ie or Freephone: 1800 45 45 55 to register for breast, bowel or cervical screening



Kindly supported by

