



Your Health Your Choice

Cancer in Ireland



People in Ireland
are affected by cancer

AT
LEAST

44,000

People are diagnosed
with cancer each year

BUT

you can reduce
your risk by
30-50%

through making some
lifestyle changes



Smoking



1 in every 2 smokers
will die of a tobacco-
related 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
• <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 pre-
cancers (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