



# How to try not to get cancer



EasyRead version



This leaflet tells you about some of the things you can do to try to not get cancer.



As we get older, we are more likely to get cancer.



But you can make simple changes to try to not get cancer.



You might like to have someone to support you when you look at this leaflet.

# 6 ways to cut your risk of cancer



There are 6 things you can do to try to not get cancer.



## 1. Stop smoking

Smoking causes most lung cancers.

It also makes you more likely to get many other types of cancer.

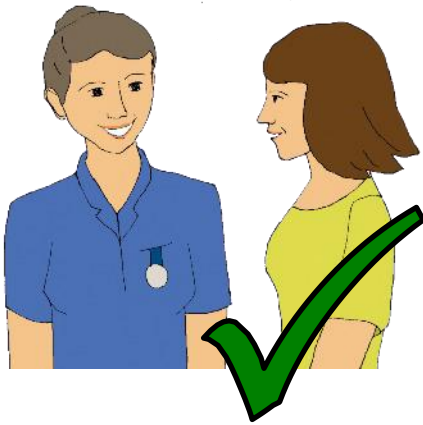


Stopping smoking completely is the best way to try to not get cancer. And it is never too late to stop



It is not always easy, but you can get lots of free help.

Talk to a doctor, nurse or pharmacist.



You are more likely to stop if you get support from free stop smoking services.

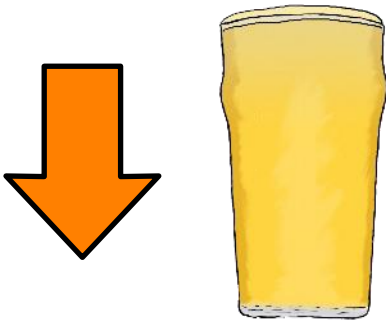


You can also find out more at:  
[www.nhs.uk/better-health/quit-smoking](http://www.nhs.uk/better-health/quit-smoking)



## 2. Drink less alcohol

Drinking beer, wine or spirits can make you more likely to get cancer.



Drink less alcohol to be healthier.



It is a good idea to keep a note of how much you drink.



You can find out more about how to drink less alcohol at:  
[www.cruk.org/alcohol](http://www.cruk.org/alcohol)



### 3. Watch your weight

Being overweight can cause many types of cancer, including breast and bowel cancer.



To be healthier and help you lose weight you need to:

- eat healthier foods



- eat less unhealthy food



- move about more.



A doctor or nurse can help you lose weight or find a service to support you.



You can find out more at:  
[www.nhs.uk/better-health/lose-weight](http://www.nhs.uk/better-health/lose-weight)



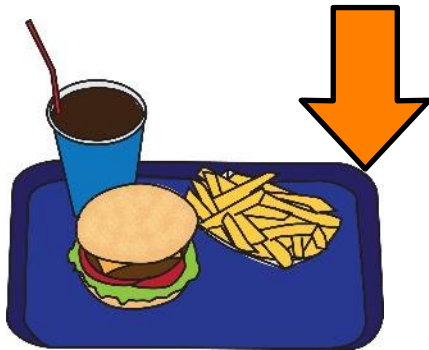
#### 4. Eat a healthy and balanced diet

Eating healthy food is a good way to try to not get cancer.

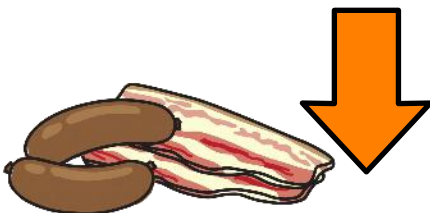


To be healthier, you should try to eat:

- more fruit, vegetables and high fibre foods like brown bread, brown pasta and brown rice



- less high-calorie foods, like sugary drinks and fast food

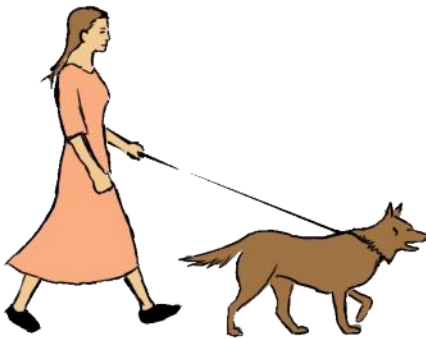


- less processed and red meat like bacon and ham.



## 5. Move more

Being active can help you be healthier and lose weight.



Do things that make you feel warm and a bit out of breath like

- walking quickly



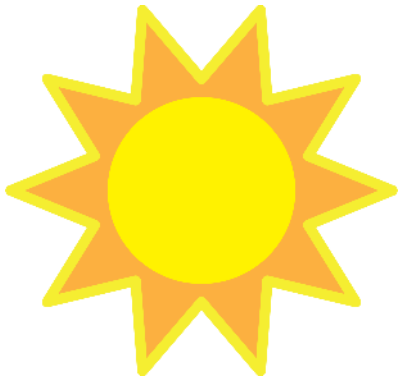
- cycling



- housework and gardening.



Think about how you can be more active.

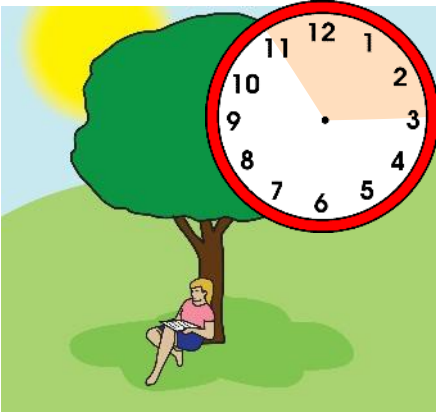


## 6. Stay safe in the sun

The sun is the main cause of skin cancer.



It is important to stay safe in the sun.  
How not to get sunburn:



- stay in the shade, especially in the middle of the day

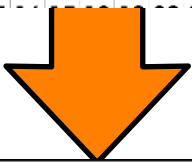


- wear a hat, T-shirt and sunglasses



- use sun cream on bare parts of your body. This should be at least factor 15 and 4 or 5 stars.

March						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14



October						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21

Take extra care from the middle of March to the middle of October.



Sunbeds are dangerous too, so do not use these.

# Leaflets to find out more



Cancer Research UK is helping people try to not get cancer. Their leaflets tell you what changes you can make.

You can order them for free from the Cancer Research UK website at: [www.cruk.org/leaflets](http://www.cruk.org/leaflets)

## How to find out more



You can find out more about how to reduce your cancer risk and be healthier at:

**[www.cruk.org/health](http://www.cruk.org/health)**



Or you can speak to Cancer Research UK cancer nurses for free on: **0808 800 4040** Monday to Friday.



If you would like to know more about Cancer Research UK, you can call: **0300 123 1022**



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This leaflet is based on information from Cancer Research UK.