

**WORLD
CANCER
DAY4FEB**

I CAN



**MAKE HEALTHY
LIFESTYLE CHOICES**

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I CAN MAKE HEALTHY LIFESTYLE CHOICES



Everyone can take steps to reduce their risk of cancer by choosing healthy options including quitting smoking, keeping physically active and choosing healthy food and drinks.

Tobacco use is the single largest preventable cause of cancer globally. Quitting smoking will have a major positive impact on an individual's health and that of their families and friends. The good news is that quitting at any age is beneficial, increasing life expectancy and improving quality of life¹.

Individuals can also reduce their risk of many common cancers by maintaining a healthy weight, and making physical activity part of their everyday lives^{2,3}. Being overweight or obese increases the risk of ten cancers - bowel, breast, uterine, ovarian, pancreatic, oesophagus, kidney, liver, advanced prostate and gallbladder cancers^{4,5}. Specific changes to a person's diet can also make a

difference – for example, individuals can limit their intake of red meat and avoid processed meat.³

Alcohol is also strongly linked with an increased risk of several cancers. Reducing alcohol consumption decreases the risk of cancers of the mouth, pharynx, larynx, oesophagus, bowel, liver and breast⁶. Overall, more than a third of common cancers could be prevented by a healthy diet, being physically active and maintaining a healthy body weight.

Reducing exposure to ultraviolet (UV) radiation from the sun and other sources, such as solariums, is also important to reduce the risk of many skin cancers⁷.

Everyone can make healthy lifestyle choices to reduce their risk of cancer.

This factsheet is aimed at



Individuals



Patients
& Carers

1. Jha P, Peto R. (2014). Global Effects of Smoking, of Quitting, and of Taxing Tobacco. *N Engl J Med.* 370:60-8.
2. World Cancer Research Fund International. Our cancer prevention recommendations. <http://www.wcrf.org/int/research-we-fund/our-cancer-prevention-recommendations>
3. World Cancer Research Fund International. Link between lifestyle and cancer risk. <http://www.wcrf.org/int/link-between-lifestyle-cancer-risk>
4. World Cancer Research Fund International/American Institute for Cancer Research. Continuous Update Project. <http://www.wcrf.org/int/cancer-facts-figures/link-between-lifestyle-cancer-risk/cancers-linked-greater-body-fatness>
5. World Cancer Research Fund International/American Institute for Cancer Research. Continuous Update Project Reports. <http://www.wcrf.org/int/research-we-fund/continuous-update-project-findings-reports>
6. WHO. (2011). Global status report on alcohol and health. Geneva: World Health Organization.
7. SunSmart. UV and sun protection. <http://www.sunsmart.com.au/uv-sun-protection>