How can you help to prevent cancer?

**No smoking**
If you must smoke, try to reduce the number of cigarettes you smoke. Ask your doctor for patches to help you give up.

**Alcohol**
Drink sensibly. A small amount is ok.

**Foods**
Try to eat healthy food. Fruit and vegetables are good for you. Try not to eat too much fat and sugar.

**Exercise**
Try to keep fit. You could go walking, swimming or join a gym.

**Screening**
There are tests that you should have. If you are a woman between 50 and 70 you need to have your breasts checked every 3 years. This is called a mammogram. Ask your doctor for more help.

Women also have a smear test every 5 years. The nurse will do this for you at the doctor’s surgery. You can find out more on this from the nurse or the Macmillan Specialist Nurse Service for Learning Disabilities.