Be SunSmart
Too much ultraviolet (UV) radiation from the sun or sunbeds is the main cause of skin cancer, and it also ages your skin.

Don’t let sunburn catch you out. Whether at home or abroad, protect your skin from sunburn when the sun is strong. The summer sun is strongest around the middle of the day. Between 11am and 3pm:
• spend time in the shade
• cover up with a hat, t-shirt and sunglasses
• use at least factor 15 sunscreen on exposed skin.

Some people are more likely than others to develop skin cancer and need to take extra care in strong sun. These people tend to have one or more of the following:
• fair skin that burns easily
• lots of moles or freckles
• red or fair hair
• light-coloured eyes
• a personal or family history of skin cancer
• a history of sunburn.

Sunbeds are not safer than tanning in the sun, and they still increase the risk of skin cancer. Some rays from sunbeds can be 10–15 times stronger than the midday sun.

Practise safer sex
Some sexually transmitted infections can increase the risk of cancer.

Nearly all cases of cervical cancer are caused by a sexually transmitted infection called human papillomavirus (HPV). HPV infection is very common, but most women who have it do not develop cervical cancer.

The hepatitis B virus is a common cause of cancer that starts in the liver. The virus can be spread through unprotected sex.

Using a condom can reduce your chance of getting or spreading these viruses, so it is best to practise safer sex.

Further information
About lifestyle choices
For more about healthy choices that could reduce your risk of cancer and the science behind our messages visit cruk.org/health

About cancer
For more about cancer visit our patient information website cruk.org/cancer-help

If you want to talk in confidence about cancer, call our information nurses on freephone 0808 8004040.

Order our full range of leaflets free online at cruk.org/leaflets

About Cancer Research UK
CRUK pioneers life-saving research to bring forward the day when all cancers are cured. From our volunteers and supporters to our scientists, doctors and nurses, we’re all here to save more lives and prevent, control and cure all cancers. If you would like to support our work, please call 0300 1231861 or visit our website cruk.org
Be smoke free
Smoking is the single biggest cause of cancer in the world and it causes nearly one in five UK cancers.
Smoking causes more than eight in 10 lung cancers in the UK. It also increases the risk of at least 13 other types of cancer.
If you smoke, giving up is the best thing you can do for your health. Quitting can be hard, so it’s a good idea to get some help.
There is good evidence that smokers are more likely to quit successfully if they get professional support. For help quitting go to smokefree.nhs.uk or call Quitline free on 0800 002200.

Watch your weight
More than half of all adults in the UK are overweight or obese. Being overweight not only causes heart disease and diabetes, it also causes many different types of cancer.
We put on weight when we take in more energy through food and drink than we use up. Eating healthily and being active will help you keep a healthy weight.
Taking control of your weight is not always easy, but it has many health benefits.
When it comes to losing weight and keeping it off, long-term changes to your lifestyle are much more likely to work than quick-fix solutions.

Eat healthily
The food we eat can affect our risk of developing cancer. Experts think that nearly one in 10 cancers in the UK may be linked to unhealthy diets.
Eat your five-a-day, they are an excellent source of fibre, vitamins and minerals. Supplements cannot replace a healthy, balanced diet and in some cases may even do more harm than good.
Eating lots of red and processed meat increases the risk of bowel cancer. So having smaller portions and eating these meats less often, could help limit the risk.
By eating more fibre you can reduce the risk of bowel cancer. Get plenty of fibre by choosing wholegrain varieties of bread, cereals, rice and pasta.
Try cutting down on salt and salty foods to help lower the risk of stomach cancer.
It is unlikely that any single food or nutrient on its own will have a major impact on cancer risk. But research tells us that the best diet for reducing the risk of cancer and for general health is:
• high in fibre, fruit and vegetables
• low in red and processed meat, salt and saturated fat.

Drink less alcohol
Drinking too much alcohol increases the risk of seven different types of cancer. All types of alcohol can increase the risk of cancer, including beer, spirits and wine.
If you drink alcohol and smoke, the risk of developing cancer is even greater.
There is limited risk if you drink within the guidelines, such as one standard drink a day for women (2–3 units) or two standard drinks a day for men (3–4 units). But the risk increases the more you drink.
The more you cut down on alcohol the more you reduce the risk of cancer.

Be active
Keeping active could help prevent thousands of cancers in the UK every year. By being physically active, you can reduce the risk of bowel, breast and womb cancer.
Being active doesn’t have to cost you money and you don’t need to be an athlete. It can include everyday things like housework, gardening or walking, as well as sports or going to the gym.
Aim for at least 30 minutes of moderate activity a day, on five or more days a week. If it makes it easier, you can even split this up into shorter bursts of 10 minutes at a time.
The more active you are, the more you reduce the risk of cancer.