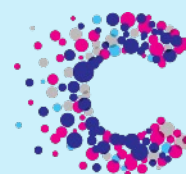




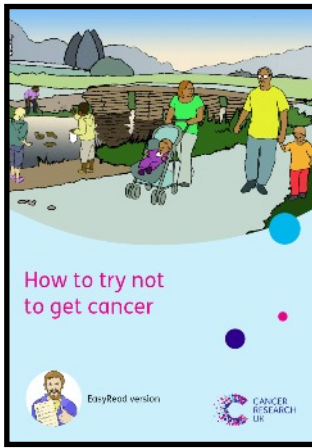
How to try not to get cancer



EasyRead version



CANCER
RESEARCH
UK



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.



This leaflet is an EasyRead version of another leaflet about how 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 which we tell you about here.



1. Stop smoking

Smoking causes most lung cancers.

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



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

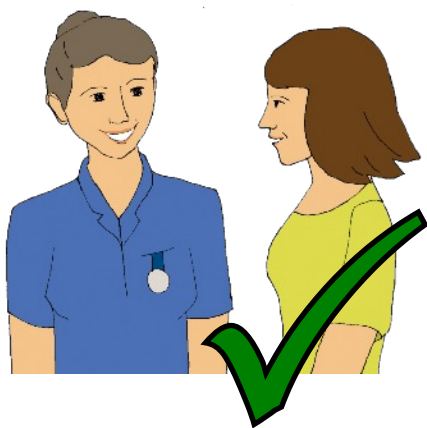


It is not always easy, but you can get lots of free help.

Talk to a doctor, nurse or pharmacist.



You can also find out more at:
www.nhs.uk/smokefree

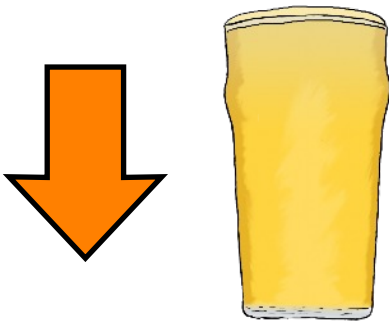


You are more likely to stop if you get support from free stop smoking services.



2. Drink less alcohol

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



Drink less alcohol to be healthier.



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



You can find out more about how to drink less at: www.cruk.org/alcohol

3. Watch your weight

Being overweight can cause 13 different 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.

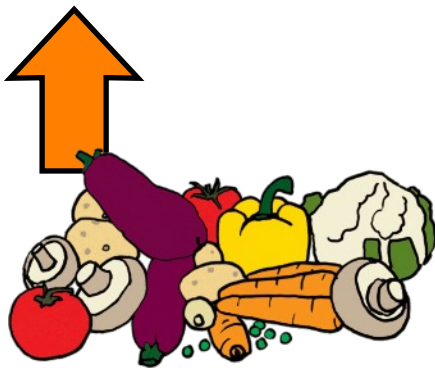


You can find out more at:
www.cruk.org/weight



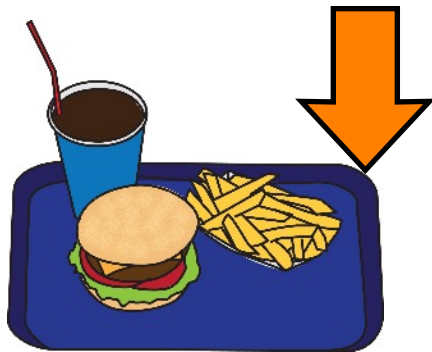
4. Think about what you eat

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 and brown pasta



- less red meat, sugary drinks and fast food.

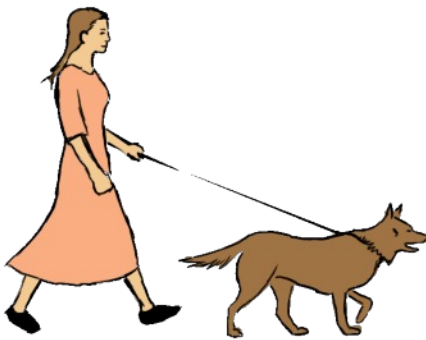


You can find out more at:
www.cruk.org/diet



5. Move more

Being active can help you be healthier and lose weight.



Do anything that makes you feel warm and a bit out of breath like:

- walking quickly



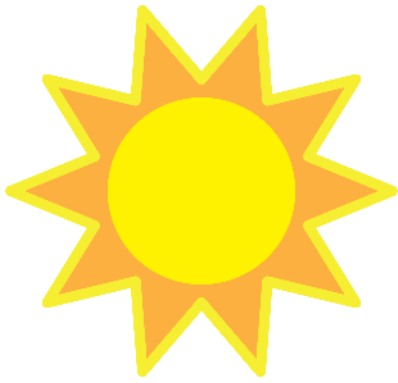
- cycling



- housework.



Think about how you can be more active.



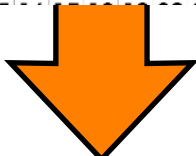
6. Stay safe in the sun

The sun is the main cause of skin cancer.



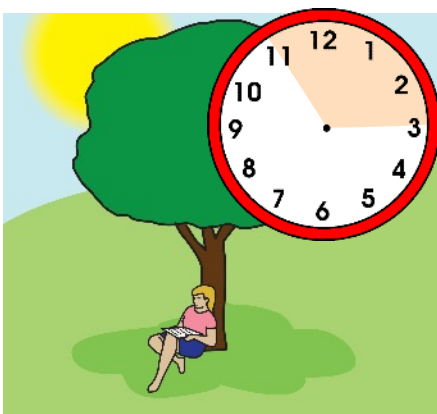
We all need some sun, but it is important to think about how much time you spend in the sun.

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

From the middle of March to the middle of October, take care in the sun so you do not 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.



Sunbeds are dangerous too, so do not use these.

Leaflets to find out more



We are helping people try to not get cancer. Our leaflets tell you what changes you can make.



You can order them free from our website at: 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



Or you can speak to our nurses on:
0808 800 4040



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



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Together we will beat cancer

