

European Code Against Cancer



Certain cancers may be avoided and general health improved if you adopt a healthier lifestyle.

- 1 Do not smoke; if you smoke, stop doing so. If you fail to stop, do not smoke in the presence of non-smokers.
- 2 Avoid obesity.
- 3 Undertake some brisk, physical activity every day.
- 4 Increase your daily intake and variety of vegetables and fruits; eat at least five servings daily. Limit your intake of foods containing fats from animal sources.
- 5 If you drink alcohol, whether beer, wine or spirits, moderate your consumption to two drinks per day if you are a man or one drink per day if you are a woman.
- 6 Care must be taken to avoid excessive sun exposure. It is especially important to protect children and adolescents. For individuals who have a tendency to burn in the sun, active protective measures must be taken throughout life.
- 7 Apply strictly regulations aimed at preventing any exposure to known cancer-causing substances. Follow all health and safety instructions on substances which cause cancer. Follow advice of national radiation protection officers.
- 8 Women from 25 years of age should participate in cervical screening. This should be within programmes with quality control procedures in compliance with *European Guidelines for Quality Assurance in Cervical Screening*.
- 9 Women from 50 years of ages should participate in breast screening. This should be with programmes with quality control procedures in compliance with *European Guidelines for Quality Assurance in Mammography Screening*.
- 10 Men and women from 50 years of age should participate in colorectal screening. This should be within programmes with built-in quality assurance programmes.
- 11 Participate in vaccination programmes against hepatitis B virus infection.