



Your health: Your choice

Cancer in Ireland

1 in 3

people in Ireland
are affected by cancer



30,000

new cases are
diagnosed
each year

BUT

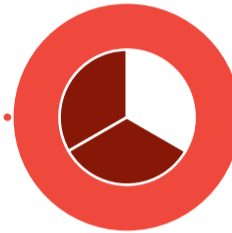
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cancers can be
prevented

Smoking



1 in every 2
smokers will die of a
tobacco-related disease



Smoking causes
30% of cancers
in Ireland



Quit now- get free
support. Freetext QUIT
to 50100

Weight & diet



Obesity/body weight
is linked to up to 40%
of some cancers



2 of the most common
cancers - breast & bowel
cancer- are linked to obesity



Eat a healthy diet
& keep a healthy
weight

Exercise



Exercise can reduce
risk of breast, bowel &
womb cancer



Try walking, taking
the stairs or jogging



Try to get at least
30 minutes of exercise
a day

UV and sunbeds



Skin cancer is the
most common cancer
in Ireland



Never, ever use
sun beds



Be SunSmart- go in the
shade, cover up & use
sunscreen

Alcohol



Alcohol causes 7 types of
cancer, including breast,
bowel, head & neck



Each year, 900 people
are diagnosed with
alcohol-related cancers



The less you drink,
the lower the risk
of cancer

