

A healthier you: 6 lifestyle tips to reduce cancer risk



There are some things that we can't change, like getting older, or having a family history of cancer. These factors can increase our risk of cancer. By making simple changes to our lifestyle, we can have a positive impact on our health in the future and reduce our risk of cancer.

1. Quit smoking

Smoking is a leading cause of cancer and stopping is the best thing you can do for your health.



2. Maintain a healthy weight

Keeping a healthy weight reduces the risk of 13 different types of cancer.



3. Eat a healthy balanced diet

A diet rich in fruit, vegetables, wholegrain foods, and healthy proteins can help reduce your risk of cancer. It's also recommended to cut down on processed and red meat, alcohol, and high-calorie foods and drinks.



4. Stay safe in the sun

Avoiding excessive sun exposure and sunbeds can reduce the risk of melanoma skin cancer.



5. Limit alcohol consumption

The less alcohol you drink, the lower the risk of cancer.



6. Stay Physically Active

Regular physical activity can help maintain a healthy weight and reduce the risk of cancer.



Remember: while these tips can reduce the risk of cancer, they cannot guarantee prevention. If you're worried about your cancer risk, you should always speak to your GP.