World Cancer Day (4 Feb): How to reduce your risks

PAM OH Solutions

Someone is now diagnosed with cancer every 90 seconds.

According to Cancer Research UK, 4 in 10 cases can be prevented in the following ways:

1 Quit smoking

Smoking is the biggest risk factor when it comes to cancer. Over a quarter (27%) of all cancer deaths in the UK are due to smoking. If you need a motivation to quit smoking, perhaps this could be it.

2 Protect yourself from the sun

Almost 9 in 10 cases of melanoma skin cancer can be prevented by staying safe in the sun. Use a sunscreen with an SPF 15 or higher from mid-March and wear a hat and cover up, or stay in the shade, on hot days.

3 Try to eat healthily

Being overweight or obese, can cause inflammation in the body and higher than normal levels of insulin and hormones. These can lead to cancer so it's important to eat healthy snacks, including your five a day.

4 Keep active

Being more active can also help you maintain a healthy weight and reduce the risk of 13 types of cancer. Even a brisk walk every day can make a big difference, so try to make this part of your daily routine.

5 Reduce your alcohol intake

Alcohol causes many types of cancer, including breast and bowel cancer. The less you drink, the lower your risk, so whatever your drinking habits, cutting down will help to reduce your risks.

● Spot cancer early

Spotting cancer at an early stage can literally save lives. Talk to your doctor, or occupational health, if you notice anything that isn't normal for you.

It's better to be safe than sorry! Especially when it comes to any unusual:

- Lumps or swelling
- Unexplained bleeding
- Unusual pain or aches
- Fatigue or weight loss
- Changes to a mole, or a new mole
- Skin changes or sores that wont heal