4 in 10 cancer cases in England can be prevented...





Be smoke free

Keep a healthy weight

Be safe in the sun

Avoid certain substances at work such as asbestos

...make a change to reduce the risk of cancer

Protect against certain infections such as HPV and H.Pylori

Drink less alcohol



Eat a high fibre diet



Avoid unnecessary radiation including radon gas and x-rays



Cut down on processed meat



Avoid air pollution



Breastfeed if possible



Be more active



Minimise HRT use



Larger circles indicate more England cancer cases

Circle size here is not relative to other infographics based on Brown et al 2018. Source: Brown et al, British Journal of Cancer, 2018





