

# European Code Against Cancer

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Teaching lesson 9

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# European Code Against Cancer

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- 12 recommendations supporting the prevention of tumour diseases.
- Respecting these principles leads to a decrease in the prevalence of the disease and mortality.
- The European Code includes both primary and secondary prevention.

Evropský Kodex Proti Rakovině

12 ZPŮSOBŮ, JAK OMEZIT RIZIKO RAKOVINY

1. *Do not smoke. Do not use any form of tobacco.*
2. *Make your home smoke free. Support smoke-free policies in your workplace.*
3. *Take action to be a healthy body weight.*
4. *Be physically active in everyday life. Limit the time you spend sitting.*
5. *Have a healthy diet:*
  - *Eat plenty of whole grains, pulses, vegetables and fruits.*
  - *Limit high-calorie foods (food high in sugar or fat) and avoid sugary drinks.*
  - *Avoid processed meat, limit red meat and foods high in salt.*
6. *If you drink alcohol of any type, limit your intake. Not drinking alcohol is better for cancer prevention.*
7. *Avoid too much sun; especially for children. Use sun protection. Do not use sunbeds.*
8. *In the workplace, protect yourself against cancer-causing substances by following health and safety instructions.*

9. *Find out if you are exposed to radiation from naturally high radon levels in your home. Take action to reduce high radon levels.*

10. *For women:*

- *Breastfeeding reduces the mother's cancer risk. If you can, breastfeed your baby.*
- *Hormone replacement therapy (HRT) increases the risk of certain cancers. Limit use of HRT.*

11. *Ensure your children take part in vaccination programmes for:*

- *Hepatitis B (for newborns).*
- *Human papillomavirus (for girls).*

12. *Take part in organized cancer screening programmes for:*

- *Bowel cancer (men and women).*
- *Breast cancer (women).*
- *Cervical cancer (women).*

# References

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- Evropský Kodex Proti Rakovině. *International Agency for Research on Cancer*. [online]. © 2016 [cit. 2016-12-31]. Retrieved from: <http://cancer-code-europe.iarc.fr/index.php/cs/>

Figures:

- (1): Evropský Kodex Proti Rakovině. *International Agency for Research on Cancer*. [online]. © 2016 [cit. 2016-12-31]. Retrieved from: <http://cancer-code-europe.iarc.fr/index.php/cs/>