How many cancers can be prevented?

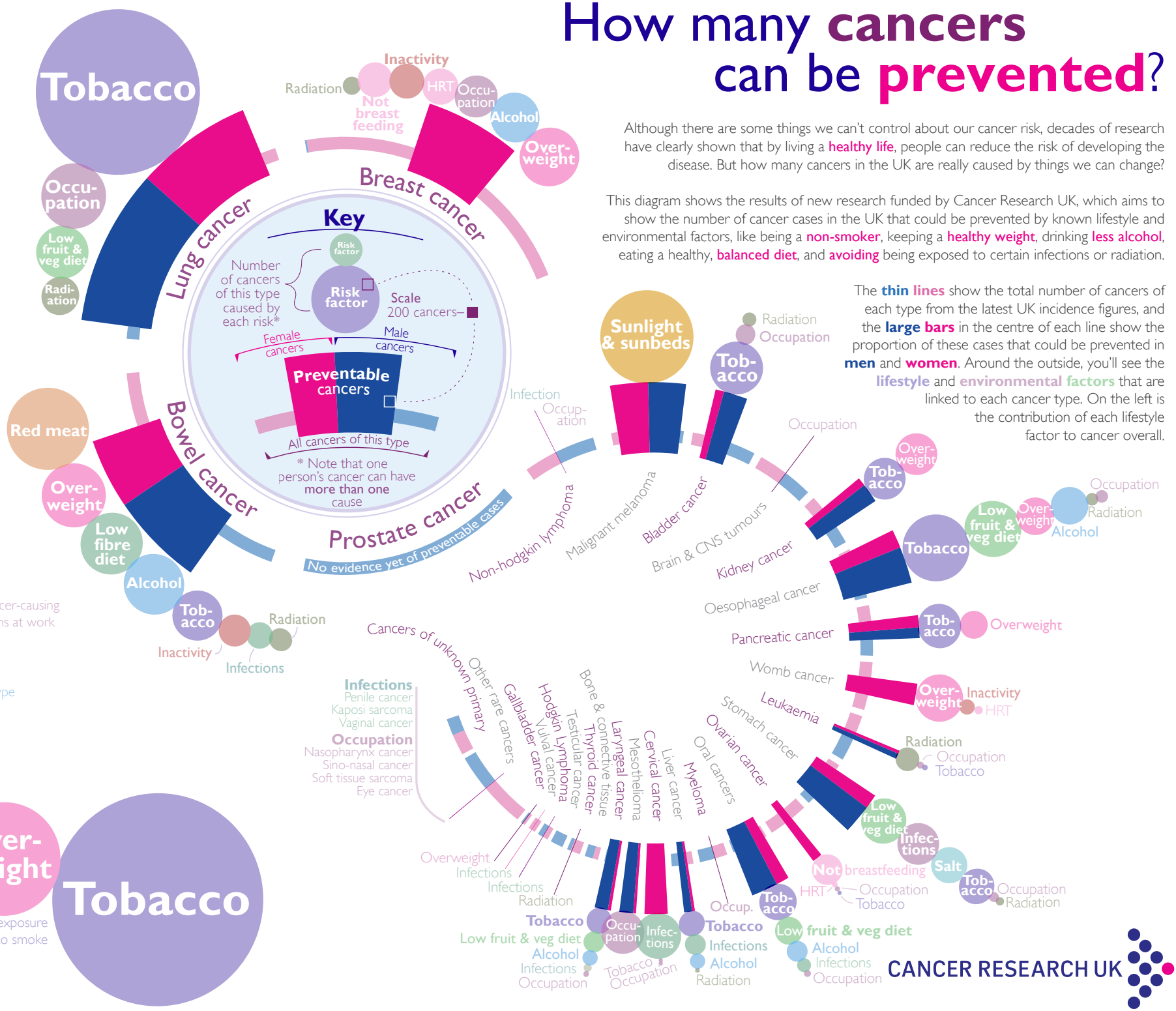
Although there are some things we can't control about our cancer risk, decades of research have clearly shown that by living a **healthy life**, people can reduce the risk of developing the disease. But how many cancers in the UK are really caused by things we can change?

This diagram shows the results of new research funded by Cancer Research UK, which aims to show the number of cancer cases in the UK that could be prevented by known lifestyle and environmental factors, like being a **non-smoker**, keeping a **healthy weight**, drinking **less alcohol**, eating a healthy, **balanced diet**, and **avoiding** being exposed to certain infections or radiation.

The **thin lines** show the total number of cancers of each type from the latest UK incidence figures, and the **large bars** in the centre of each line show the proportion of these cases that could be prevented in **men** and **women**. Around the outside, you'll see the **lifestyle** and **environmental factors** that are linked to each cancer type. On the left is the contribution of each lifestyle factor to cancer overall.

All cancers

- **HRT** — Taking any type of Hormone Replacement Therapy
- **Salt** — Having at least 6 grams a day
- **Not breast-feeding** — Breastfeeding each child for less than 6 months
- **In-activity** — Being moderately active for less than 150 minutes a week
- **Low fibre diet** — Having less than 23 grams of fibre a day
- **Radi-ation** — Being exposed to any ionising radiation, including background levels such as those released from the earth
- **Red meat** — Eating any red or processed meat
- **Infections** — Exposure to cancer-causing infections like HPV and Hepatitis B or C
- **Sunlight & sunbeds** — Getting more UV than was typical for people born in 1903
- **Occupation** — Being exposed to cancer-causing chemicals or conditions at work
- **Alcohol** — Drinking any type of alcohol
- **Low fruit & veg diet** — Getting fewer than five portions a day
- **Over-weight** — Having a BMI of 25 kg/m2 or over
- **Tobacco** — Smoking any form of tobacco, or exposure to environmental tobacco smoke



Together we will beat cancer

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