



A Massive 40% of cancers could be prevented by people making simple changes to their lifestyle

**Stacking the Odds** is a cancer prevention message developed by the **Scottish Cancer Coalition** to encourage individuals to take action to lower their risk of cancer



**Stacking the Odds is a cancer prevention message developed by the Scottish Cancer Coalition to encourage individuals to take action to lower their risk of cancer. The message recognises that while no-one can be guaranteed of a future that is cancer free; there are steps people can take to stack the odds against developing cancer.**

**We have put together six key actions that can reduce your risk and provided a list of independent sources of information if you want to find out more.**

**Reducing your risk of cancer is the responsibility of everyone not just individuals, which is why the Scottish Cancer Coalition is working hard to make sure prevention is a priority for Scottish and UK governments.**

**We want Stacking the Odds to be a message which inspires people to take action to reduce their risk of cancer. We hope the information on this page helps you to do just that.**



# SIX

## KEY ACTIONS FOR

# STACKING THE ODDS AGAINST CANCER

- 1 Do not smoke. Do not use any form of tobacco. Make your home and car smoke free.**
- 2 Take action to be a healthy body weight**
- 3 Be physically active in everyday life and limit the time you spend sitting.**
- 4 Have a healthy diet.**
- 5 If you drink alcohol of any type, limit your intake. Not drinking alcohol is better for cancer prevention.**
- 6 Avoid too much sun, especially for children. Use sun protection. Do not use sunbeds.**

You can also help any stack the odds by ensuring: your immediate living environment does not cause cancer by following health & safety instructions at work and by taking action to ensure you do not have high radon levels in your home. REMEMBER: These six key actions can also help to prevent against a recurrence of cancer.



Stacking the Odds is about preventing breast cancer. If you want to find out about detecting cancer early please visit

<http://www.nhsinform.co.uk/cancer/scotland/dce/breastcancer/>

## JUST REACH OUT...

1. Bowel Cancer UK
2. Ochre
3. Cancer Research UK
4. Brain Tumour UK
5. Breast Cancer NOW
6. Challenge Breast Cancer Scotland
7. Breast Cancer Care
8. Teenage Cancer Trust
9. Kidney Cancer Scotland
10. Prostate Cancer UK
11. Prostate Scotland
12. Cancer Support Scotland
13. Breast Cancer Care
14. Myeloma UK
15. Leukaemia CARE
16. Bloodwise
17. Melanoma Action & Support
18. Macmillan Cancer Support
19. Throat Cancer Foundation
20. Scottish Cancer Foundation
21. Worldwide Cancer Research
22. CLIC Sargent
23. Jo's Cervical Cancer Trust
24. Target Ovarian Cancer
25. Breast Cancer Care
26. Genetic Alliance UK
27. Maggie's Cancer Caring Centres
28. Marie Curie Cancer Care
29. Roy Castle Lung Foundation
30. Target Ovarian Cancer
31. Association for  International Cancer Research