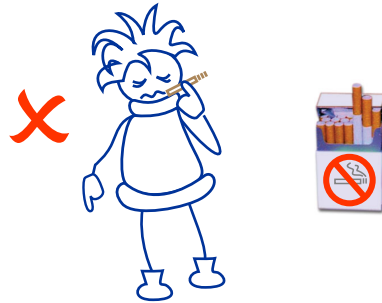


How can you help to prevent cancer?

No smoking

If you must smoke, try to reduce the number of cigarettes you smoke. Ask your doctor for patches to help you give up.



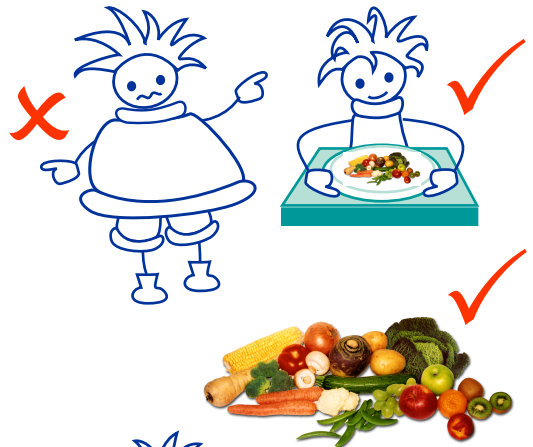
Alcohol

Drink sensibly. A small amount is ok.



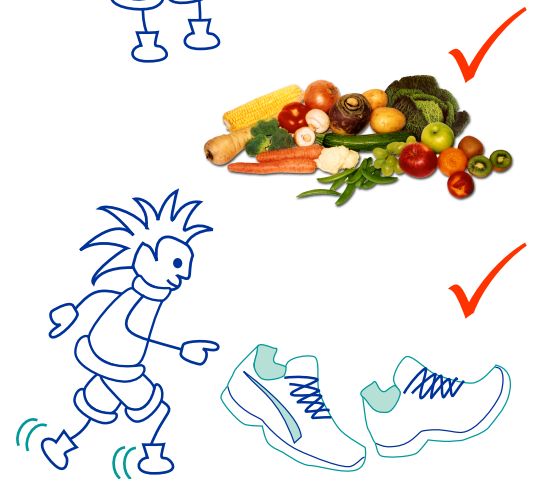
Foods

Try to eat healthy food. Fruit and vegetables are good for you. Try not to eat too much fat and sugar.



Exercise

Try to keep fit. You could go walking, swimming or join a gym.



Screening

There are tests that you should have. If you are a woman between 50 and 70 you need to have your breasts checked every 3 years. This is called a mammogram. Ask your doctor for more help.

Women also have a smear test every 5 years. The nurse will do this for you at the doctor's surgery. You can find out more on this from the nurse or the Macmillan Specialist Nurse Service for Learning Disabilities.

