



# Cancer Prevention

## Further Risk Factors

You can reduce your risk of cancer through a healthy lifestyle. But be aware, there is no reliable protection against cancer. Risk factors such as age, gender or hereditary conditions within the family are without influence on the individual.

## Early Detection is Best

For some types of cancer, it is possible to detect the disease by means of appropriate testing before symptoms occur. The earlier cancer is detected, the greater the chance is for successful treatment.

Find out more in German, French or Italian:

[www.krebsliga.ch/frueherkennung](http://www.krebsliga.ch/frueherkennung)

[www.liguecancer.ch/depistage](http://www.liguecancer.ch/depistage)

[www.legacancro.ch/diagnosi\\_precoce](http://www.legacancro.ch/diagnosi_precoce)

## The Cancer League in your region

### Krebsliga Aargau

Tel. 062 834 75 75  
[www.krebsliga-aargau.ch](http://www.krebsliga-aargau.ch)

### Krebsliga beider Basel

Tel. 061 319 99 88  
[www.klbb.ch](http://www.klbb.ch)

### Bernische Krebsliga

**Ligue bernoise  
contre le cancer**  
Tel. 031 313 24 24  
[www.bernische-krebsliga.ch](http://www.bernische-krebsliga.ch)

### Ligue fribourgeoise

**contre le cancer  
Krebsliga Freiburg**  
tél. 026 426 02 90  
[www.liguecancer-fr.ch](http://www.liguecancer-fr.ch)

### Ligue genevoise

**contre le cancer**  
tél. 022 322 13 33  
[www.lgc.ch](http://www.lgc.ch)

### Krebsliga Graubünden

Tel. 081 252 50 90  
[www.krebsliga-gr.ch](http://www.krebsliga-gr.ch)

### Ligue jurassienne

**contre le cancer**  
tél. 032 422 20 30  
[www.liguecancer-ju.ch](http://www.liguecancer-ju.ch)

### Ligue neuchâteloise

**contre le cancer**  
tél. 032 721 23 25  
[www.liguecancer-ne.ch](http://www.liguecancer-ne.ch)

### Krebsliga Ostschweiz

**SG, AR, AI, GL**  
Tel. 071 242 70 00  
[www.krebsliga-ostschweiz.ch](http://www.krebsliga-ostschweiz.ch)

### Krebsliga Schaffhausen

Tel. 052 741 45 45  
[www.krebsliga-sh.ch](http://www.krebsliga-sh.ch)

### Krebsliga Solothurn

Tel. 032 628 68 10  
[www.krebsliga-so.ch](http://www.krebsliga-so.ch)

### Thurgauische Krebsliga

Tel. 071 626 70 00  
[www.tgkl.ch](http://www.tgkl.ch)

### Lega ticinese

**contro il cancro**  
Tel. 091 820 64 20  
[www.legacancro-ti.ch](http://www.legacancro-ti.ch)

### Ligue vaudoise

**contre le cancer**  
tél. 021 623 11 11  
[www.lvc.ch](http://www.lvc.ch)

### Ligue valaisanne

**contre le cancer (Sion)**  
tél. 027 322 99 74  
[www.lvcc.ch](http://www.lvcc.ch)

### Krebsliga Wallis (Brig)

Tel. 027 604 35 41  
[www.krebsliga-wallis.ch](http://www.krebsliga-wallis.ch)

### Krebsliga Zentralschweiz

**LU, OW, NW, SZ, UR**  
Tel. 041 210 25 50  
[www.krebsliga.info](http://www.krebsliga.info)

### Krebsliga Zug

Tel. 041 720 20 45  
[www.krebsliga-zug.ch](http://www.krebsliga-zug.ch)

### Krebsliga Zürich

Tel. 044 388 55 00  
[www.krebsligazuerich.ch](http://www.krebsligazuerich.ch)

### Krebshilfe Liechtenstein

Tel. 00423 233 18 45  
[www.krebshilfe.li](http://www.krebshilfe.li)

## Useful Addresses

More information on the topic of cancer prevention can be found in German, French and Italian at:

[www.krebsliga.ch/praevention](http://www.krebsliga.ch/praevention)

[www.liguecancer.ch/prevention](http://www.liguecancer.ch/prevention)

[www.legacancro.ch/prevenzione](http://www.legacancro.ch/prevenzione)

You'll learn how you can reduce your cancer risk by taking the virtual tour at:

[www.krebsliga.ch/parcours](http://www.krebsliga.ch/parcours)

[www.liguecancer.ch/parcours](http://www.liguecancer.ch/parcours)

## Cancer Hotline

Tel: 0800 11 88 11

Monday to Friday, 9:00 a.m. – 7:00 p.m. Calls are free  
[helpline@swisscancer.ch](mailto:helpline@swisscancer.ch)

## Stop Smoking Helpline

Tel: 0848 000 181

max. 8 centimes per minute (landline)

Monday to Friday, 11:00 a.m. – 7:00 p.m.

## Information from the Cancer League



swiss cancer league



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## Swiss Cancer League

Effingerstrasse 40, Post Box, 3001 Berne  
Tel. 031 389 91 00, [info@swisscancer.ch](mailto:info@swisscancer.ch), [www.swisscancer.ch](http://www.swisscancer.ch)  
Postal account 30-4843-9, CHE-107.818.640 VAT

# Reduce Your Risk of Cancer

Each year in Switzerland, approximately 38 500 people are diagnosed with cancer. At least one-third of diseases could be prevented by changes in behaviour and by avoiding certain risks.

The following tips show how the risk of cancer can be reduced. It is never too late to start living a healthy life.

## Don't Smoke

About one fourth of all cancer deaths is due to tobacco use. If you don't smoke, stay that way and never start! You'll stay younger looking longer, have greater stamina for sports and in your love life. It is always worthwhile for smokers to stop smoking! When you are ready to stop smoking, call the Stop Smoking Helpline at 0848 000 181 for advice.

## Choose Non-Alcoholic Beverages

Even small amounts of alcohol increase the risk for certain types of cancer. The kind of alcohol consumed – whether it is beer, wine or liquor – makes no difference, it is still alcohol. For your health's sake, keep your alcohol consumption as low as possible and choose non-alcoholic beverages instead.

## Maintain Normal Weight

Being overweight increases the risk for many types of cancer. Weight loss and maintaining normal weight (BMI between 18.5 and 25) is possible over the long term through a balanced diet and adequate exercise.

## Balanced Diet

Vegetables, fruits and cereal products are the main components of a balanced meal. Ideally, you should eat five portions of vegetables and fruits every day. A portion is equal to a handful, or 120 grams.

Don't eat red meat such as beef, pork, lamb, as well as sausages more than 3 times per week. Above all, give preference to eating vegetables.

## Get Enough Exercise

Daily exercise has a positive effect on health. Adults should have at least 2 ½ hours of physical activity per week, up to the point of getting a bit out of breath, Children and young people should be active at least one hour per day.

Make movement and exercise a part of your everyday life. For example:

- Take the stairs instead of the elevator.
- Go on foot or by bike to work or to do your shopping.
- Take a brisk walk in the fresh air during the lunch break.

## Protection from the Sun

- It is especially important to stay in the shade at midday.
- Wear shoulder-covering clothing and a hat that protects the forehead, ears and neck.
- Apply sunscreen to exposed skin.
- Protect children especially well from the sun.
- Do not place babies in direct sunlight.

## Protection Against Carcinogenic Substances

Today, people are exposed to a variety of pollutants in their daily lives. We can protect ourselves from some of these substances. For example, we can reduce our exposure to radon, a natural radioactive gas that can accumulate in buildings, by undertaking construction measures.

