

4 FEBRUARY – WORLD CANCER DAY - Match the tip and prevention to the cancer.



<p>FILL YOUR LUNGS WITH FRESH AIR</p>	<p>CANCER CAN BE PREVENTED BY</p> <ul style="list-style-type: none"> quitting smoking, chewing or sniffing tobacco avoiding exposure to passive smoke 	<p>lung cancer, cancer of the mouth, voice box, throat and stomach</p>
<p>DON'T BE SILLY, DRINK IN MODERATION</p>	<p>CANCER CAN BE PREVENTED BY</p> <ul style="list-style-type: none"> limiting the amount of alcohol 	<p>mouth, throat, voice box, breast, bowel and liver cancer</p>
<p>GET ACTIVE, MOVE YOUR BODY</p>	<p>CANCER CAN BE PREVENTED BY</p> <ul style="list-style-type: none"> daily physical activities 	<p>breast and colon cancer</p>
<p>ENJOY FRESH FRUIT AND VEGETABLES EVERY DAY</p>	<p>CANCER CAN BE PREVENTED BY</p> <ul style="list-style-type: none"> × saturated fats, sugary drinks, salty foods, red, processed, charred and fried meats ☑ a varied diet rich in fruit, vegetables and whole grains 	<p>mouth cancer, stomach cancer, bowel cancer</p>
<p>SOMETIMES LESS IS MORE</p>	<p>CANCER CAN BE PREVENTED BY</p> <ul style="list-style-type: none"> a healthy weight through physical activity a healthy diet 	<p>cancers of the womb, kidney, oesophagus, stomach, colon, breast, prostate, gallbladder and pancreas</p>
<p>LOVE YOUR SKIN</p>	<p>CANCER CAN BE PREVENTED BY</p> <ul style="list-style-type: none"> stopping using sun beds avoiding excessive sun exposure using sunscreen wearing protective clothing 	<p>skin cancer</p>
<p>IMMUNISATION: SMALL EFFORT - BIG EFFECT</p>	<p>CANCER CAN BE PREVENTED BY</p> <ul style="list-style-type: none"> immunization treatment of infections being aware and educated about health 	<p>cancer of the liver, cervical cancer, stomach cancer</p>