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European Code against Cancer a booklet for General Practitioners

Author: Europe against Cancer programme

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Contents

Do not smoke

Moderate your consumption of alcoholic drinks, beers, wines or spirits

Avoid excessive exposure to the sun

Follow health and safety instructions, especially in the working environment concerning production, handling, or use of any substance which may cause cancer

Frequently eat fresh fruits and vegetables and cereals with a high fibre content

Avoid being overweight and limit your intake of fatty foods

See a doctor if you notice a lump, a change in a mole or abnormal bleeding

See a doctor if you have persistent problems, such as a persistent cough, persistent hoarseness, a change in bowel habits or an unexplained weight loss

Have a PAP smear regularly

Check your breasts regularly and, if possible, undergo mammography at regular intervals

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