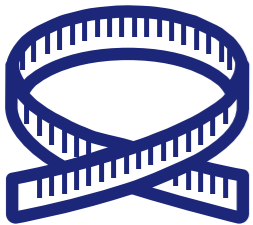


## Maintain a healthy weight



Keeping your waistline **under 80 cm** for women can reduce your risk of some cancers, such as bowel, breast and kidney cancer. Speak to your Aboriginal Health Practitioner or GP today about how you can start making healthy changes.

## Limit or avoid alcohol



### If you don't drink alcohol, well done!

If you do choose to drink, the more you drink and the longer you have been drinking for, the greater the risk of cancer. By avoiding binge drinking and limiting the amount of alcohol you consume to two standard drinks per day, you can reduce your risk of some cancers such as liver, mouth, throat, breast, lung and bowel cancer. Include as many alcohol free days as you can across the week.

## Be SunSmart

The sun can damage all skin types. When the **UV is 3 and above**, it's important to protect your skin. Download the SunSmart app to check daily sun protection times.



**Slip** on clothes that cover your arms and legs



**Slop** on SPF 30 or higher, broad spectrum, water resistant sunscreen and reapply every two hours



**Slap** on a broad brimmed hat or one that covers the head, face, neck and ears



**Seek** shade, particularly over the middle part of the day when UV is highest



**Slide** on close fitting sunglasses



### About Cancer Council SA

Cancer Council SA is South Australia's leading, independent, non-government cancer control organisation. We are dedicated to helping South Australians reduce their cancer risk and receive the best cancer care.

### Mission

To lead, empower and mobilise the community to contribute to a cancer free future.



## Women— Cut your cancer risk.

Many cancers can be prevented by making some lifestyle changes and most cancer types can be treated if they are found early. See inside to find out what you can do to reduce your risk of cancer.



## Check for unusual changes in the body and have regular screening tests

All women aged 50–74 should:

- Do a **bowel cancer screening test** every two years to pick up the early signs of bowel cancer
- Have **free screening mammograms** with BreastScreen SA. Women aged in their 40s and over 74 may also be screened—phone 13 20 50 to discuss.

If you're **aged 25–74**, you should have your **Cervical Screening Test (Well Women's Check)**. The new five-yearly Cervical Screening Test replaced the two-yearly Pap test, which means you should be tested two years after your last pap smear. If you are due, make an appointment as soon as you can.

**See your Aboriginal Health Practitioner or GP** if you notice any symptoms, or if you are worried about your family history of cancer.

## Be smoke free



**No amount of smoke is good for you**, including second-hand smoke.

Quitting smoking and creating smoke free environments reduces your risk of 16 different cancers.

**Call an Aboriginal Quitline counsellor today on 13 7848.**

## Be active



Only **30 minutes of vigorous** or 60 minutes of moderate-intensity exercise a day can help reduce your risk of some cancers, including bowel cancer.

Exercise can be broken up across the day and any increase in exercise is good for you.

## Eat a healthy diet



**It's as easy as two fruit and five vegetables a day.** Throw in plenty of wholegrain or wholemeal foods.

**Limit red meat** to no more than 455g of cooked weight per week, and swap for chicken, fish or vegetarian options.

Choose **low-fat dairy products** and **limit the amount of sugary drinks and junk foods.**

## Get immunised



### Hepatitis B and liver cancer

Infection with hepatitis B is the biggest known risk factor for developing primary liver cancer. Hepatitis B may not cause any symptoms, so it is important to be tested and vaccinated. Speak with your GP if you are concerned about your risk. Visit [hepatitissa.asn.au](http://hepatitissa.asn.au) for more information.

### Human Papillomavirus (HPV) and cervical cancer

The HPV vaccine helps prevent almost all cancers of the cervix. Children receive the vaccine for free in high school. Women who have the vaccine still need regular cervical screening to further reduce their risk of cervical cancer. Visit [hpvaccine.org.au](http://hpvaccine.org.au) for more information.