

Be smart,
reduce your cancer risk!

Sun Protection

The sun is essential for life and brings us joy when it shines. However, **UV radiation from the sun** is also a **hazard** and **the leading cause of skin cancer**.

How to enjoy the sun safely and protect your skin:



Seek shade between 11 a.m. and 3 p.m.



Cover up with protective clothing, a hat, and sunglasses.



Apply sunscreen as an additional measure.



Stay away from tanning beds.



Physical Activity

Engage in regular physical activity and avoid prolonged sitting. Doing so **can reduce your cancer risk** by up to **24 percent**. Every bit of movement counts!



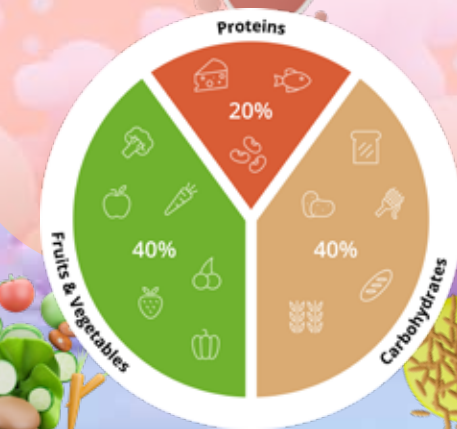
Non-Smoking

Smoking significantly increases the risk of cancer. It is the leading cause of preventable illnesses and deaths worldwide. Stop smoking, or better yet, don't start at all.



Nutrition

Healthy food is delicious – and it **helps reduce your cancer risk**. Therefore, eat a balanced diet. The **optimal plate** shows you how to create balanced main meals.



Early cancer detection

Health professionals can detect **certain cancers or their precursors at an early stage**, even before symptoms appear. **Early diagnosis often makes treatment easier and significantly increases the chances of recovery.** Use the screening options recommended for you.



Self Check and Smart Screen

Take a self-assessment to learn how to lower your personal cancer risk.



krebsliga.ch/selfcheck

Want to find out how you can **reduce your cancer risk** in an interactive way? Visit us and explore topics like sun protection, physical activity, becoming smokefree, balanced nutrition, and early cancer detection.



Find out if we'll be in your area soon!
krebsliga.ch/smartscreen



Donate

Jetzt mit TWINT spenden:

QR-Code mit der TWINT-App scannen.

Betrag eingeben und Spende bestätigen.



Take advantage of the offers for early cancer detection

Colorectal Cancer Screening:

Health professionals use a FIT - Faecal Immunochemical Test (every 2 years) or a colonoscopy (every 10 years) to prevent or detect colorectal cancer. The Cancer League recommends this screening for all individuals aged 50 to 74.

Breast Cancer Screening:

A mammogram is used to detect breast cancer early. The Cancer League recommends that women aged 50 to 74 have a mammogram every 2 years.

Cervical Cancer Screening:

Almost all cervical cancers are caused by a persistent infection with certain Human Papillomaviruses (HPV). The Cancer League recommends a cervical smear for all individuals with a cervix aged 21 to 70 every 3 years.

For individuals with certain risk factors, the Cancer League also recommends early detection of prostate, skin, and lung cancer.

Discuss with your general practitioner what early detection measures are appropriate for you based on your gender, age, cancer type, and genetic predisposition.

For more information (in German, French & Italian): krebsliga.ch/frueherkennung

swisscancerscreening.ch

Your optimal plate

Fill 40 percent of your plate with vegetables and fruits, varying in colour, taste, and preparation methods.

Fill another 40 percent with starchy foods like potatoes, pasta, oats, rice, or quinoa—opt for whole grains when possible.

Use the remaining 20 percent for protein-rich foods like legumes, eggs, meat, fish, and dairy. Rotate between these protein sources during the week.

Reduce or avoid these foods to further lower your cancer risk:

- Red meat and processed meats.
- Highly processed foods and fast food.
- Sugary drinks, sweets, and salty snacks.
- Alcohol—it's best to avoid it entirely.

For more information (in German, French & Italian): krebsliga.ch/praevention-ernaehrung

Benefits of refraining from smoking

After 20 minutes: Your elevated heart rate normalizes.

After 1 day: Your body is nicotine-free, and your lungs start clearing mucus and smoke residues.

After 2 days: Your sense of taste and smell improves.

After 1–9 months: Coughing decreases, and your breathing improves.

After 10 years: Your risk of dying from lung cancer is half that of a smoker.

It's never too late to stop smoking. For the best chance of success, get support from the stopsmoking services.

For more information (in German, French & Italian): krebsliga.ch/nichtrauchen

Get free consultation in your language at 'Stopsmoking': stopsmoking.ch

Every bit of movement counts!

Regular exercise is beneficial for your health. It boosts your well-being and improves your quality of life. Physical activity helps prevent cancer and cardiovascular diseases.

Recommended activity levels for adults per week (18–64 years of age):

- **Endurance:** At least 150 minutes of moderate-intensity or 75 minutes of high-intensity endurance training
- **Strength training:** Strength exercises on two or more days

Different guidelines apply to children and individuals over 65 years old.

For more information (in German, French & Italian): krebsliga.ch/bewegung

These four tips help protect you from skin cancer

Seek Shade: Shade is the best sun protection. Nearly two-thirds of daily UV radiation hits the Earth's surface at midday. Stay in the shade between 11 a.m. and 3 p.m.

Cover Up: Clothes offer good UV protection. Wear a T-shirt that covers your shoulders, a hat, and sunglasses.

Apply Sunscreen: Protect exposed skin with sunscreen. Apply it generously and reapply regularly, especially after swimming, towel drying, or sweating.

Stay away from Tanning Beds: UV radiation from tanning beds increases the risk of skin cancer and accelerates skin aging. Avoid them entirely.

For more information (in German, French & Italian): krebsliga.ch/sonnenschutz

