



World Cancer Day



Today is World Cancer Day. Over 1/3 of cancers are preventable, which means we can all reduce our cancer risk. What are you going to change to reduce yours?

- **Stop Smoking**

Tobacco use is the single largest preventable cause of cancer and stopping smoking is one of the best things we can do. Check out the support you can receive as a staff member

[B Well Stop Smoking](#)

- **Alcohol**

Reduce and limit how much you drink. Check out [B Well Alcohol](#)

- **Physical Activity**

Maintaining a healthy weight and making physical activity part of your every day life.

Check out [B Well Here4U](#) , <https://www.fit4thefight.org/nhs-members-area> , [B Well 12 week weight loss plan](#)

- **Ultraviolet Radiation**

Moderate your exposure to ultraviolet radiation from the sun and avoid tanning beds

Check out [Care in the Sun | Risk Factors - Care in the Sun](#)

- **Attend screening**

- **Knowledge is power!!** Breast Cancer is the most common type of cancer in women in NI. By attending Breast screening, breast cancer can be found early with a better chance that treatment will be successful. If you are aged between 50 and 70 and registered with a GP, you will be invited for breast screening every 3 years. Women over the age of 70 can still attend every 3 years, by simply contacting their local breast screening unit to make an appointment

Think you have missed your recent screening appointment? Contact us to check if your screening is up to date.

Start today by taking a few minutes to examine your breasts- it could save your life!

Remember any symptoms should be reported to your GP for further advice.

Tel: 028 90333700

Email: BreastScreeningLHST@belfasttrust.hscni.net

Check: [B Well Breast Screening](#)