

Six key ways to reduce the risk of bowel cancer

Make a change to reduce the risk of cancer



Cut down on processed
and red meat



Eat a
high-fibre diet



Be smoke
free



Keep a healthy
weight



Be more
active



More than half
of all UK bowel cancer
cases could be prevented



Drink less
alcohol

Source: Brown et al, British Journal of Cancer, 2018

cruk.org/prevention
Together we will beat cancer



CANCER
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