

Useful Addresses

More information on cancer prevention and its early detection is available at: krebsliga.ch/vorsorge

Cancer Hotline

T 0800 11 88 11, Monday to Friday,
9:00 a.m. – 7:00 p.m. Calls are free.
helpline@swisscancer.ch

Stop Smoking Helpline

T 0848 000 181, max. 8 centimes per minute
(landline)
Monday to Friday, 11:00 a.m. – 7:00 p.m.

The Cancer League in your region

Krebsliga Aargau
T 062 834 75 75
krebsliga-aargau.ch

Krebsliga beider Basel
T 061 319 99 88
klbb.ch

**Bernische Krebsliga
Ligue bernoise
contre le cancer**
T 031 313 24 24
bern.krebsliga.ch

**Ligue fribourgeoise
contre le cancer
Krebsliga Freiburg**
T 026 426 02 90
liguecancer-fr.ch

**Ligue genevoise
contre le cancer**
T 022 322 13 33
lgc.ch

Krebsliga Graubünden
T 081 300 50 90
krebsliga-gr.ch

**Ligue jurassienne
contre le cancer**
T 032 422 20 30
liguecancer-ju.ch

**Ligue neuchâteloise
contre le cancer**
T 032 886 85 90
liguecancer-ne.ch

**Krebsliga Ostschweiz
SG, AR, AI, GL**
T 071 242 70 00
krebsliga-ostschweiz.ch

**Krebsliga
Schaffhausen**
T 052 741 45 45
krebsliga-sh.ch

Krebsliga Solothurn
T 032 628 68 10
krebsliga-so.ch

**Thurgauische
Krebsliga**
T 071 626 70 00
tgkl.ch

**Lega ticinese
contro il cancro**
T 091 820 64 20
legacancro-ti.ch

**Ligue vaudoise
contre le cancer**
T 021 623 11 11
lvc.ch

**Ligue valaisanne
contre le cancer (Sion)**
T 027 322 99 74
lvcc.ch

Krebsliga Wallis (Brig)
T 027 604 35 41
krebsliga-wallis.ch

**Krebsliga
Zentralschweiz
LU, OW, NW, SZ,
UR, ZG**
T 041 210 25 50
krebsliga.info

Krebsliga Zürich
T 044 388 55 00
krebsligazuerich.ch

**Krebshilfe
Liechtenstein**
T 00423 233 18 45
krebshilfe.li



Prevention of Cancer

Reduce Your Risk of Cancer

Each year in Switzerland, over 40,000 people are diagnosed with cancer. About one-third of diseases could be prevented by changes in behaviour and by avoiding certain risks.

The following tips show how the risk of cancer can be reduced. It is never too late to start living healthier.



Swiss Cancer League

Effingerstrasse 40
Post Box
3001 Berne
T 031 389 91 00

info@swisscancer.ch
krebsliga.ch



Postal account 30-4843-9
Thank you for your support
participate.krebsliga.ch





Don't Smoke

About one fourth of all cancer deaths is due to tobacco use. If you don't smoke, stay that way and never start! You'll stay younger looking longer, have greater stamina for sports and in your love life. It is always worthwhile for smokers to stop smoking! When you are ready to stop smoking, call the Stop Smoking Helpline at 0848 000 181 for advice.



Get Enough Exercise

Daily exercise has a positive effect on health. Adults should have at least 2 ½ hours of physical activity per week, up to the point of getting a bit out of breath, Children and young people should be active at least one hour per day. Make movement and exercise a part of your everyday life. For example:

- Take the stairs instead of the elevator.
- Go on foot or by bike to work or to do your shopping.
- Take a brisk walk in the fresh air during the lunch break.



Maintain Normal Weight

Being overweight increases the risk for many types of cancer. Weight loss and maintaining normal weight (BMI between 18.5 and 25) is possible over the long term through a balanced diet and adequate exercise.



Balanced Diet

Give preference to eating vegetables. Vegetables, fruits and cereal products are the main components of a balanced meal. Ideally, you should eat 5 portions of vegetables and fruits every day. A portion is equal to a handful, or 120 grams.

Don't eat red meat such as beef, pork, lamb, more than 3 times per week. Avoid processed meat. Limit your intake of high calorie foods such as fast food, processed food or ready-made meals and avoid sugary beverages.



Choose Non-Alcoholic Beverages

Even small amounts of alcohol increase the risk for certain types of cancer. The kind of alcohol consumed – whether it is beer, wine or liquor – makes no difference, it is still alcohol. For your health's sake, keep your alcohol consumption as low as possible and choose non-alcoholic beverages instead.



Protection from the Sun

The sun is vital to us. It provides light, warmth and well-being. However, the sun's UV light also pose risks; such as damage to the skin. Here's how to effectively protect yourself from the sun:

- It is especially important to stay in the shade at midday.
- Wear shoulder-covering clothing and a hat that protects the forehead, ears and neck.
- Apply sunscreen to exposed skin.
- Protect children especially well from the sun.
- Do not place babies in direct sunlight.



Protection Against Carcinogenic Substances

Today, people are exposed to a variety of pollutants in their daily lives. We can protect ourselves from some of these substances. For example, we can reduce our exposure to radon, a natural radioactive gas that can accumulate in buildings, by undertaking construction measures.



Protection Against HPV

HPV (human papillomavirus) is responsible for the development of certain genital and oropharynx types of cancer, especially cervical cancer. HPV vaccines may protect against certain types of HPV viruses. HPV vaccines should be preferably done before the first sexual intercourse (girls and women, boys and men) in order to provide optimal protection. However, the HPV vaccination is recommended for those up to 26 years of age and is available free of charge, under the cantonal vaccination programmes for young people 11–26 years of age.

