

# DECALOGUE AGAINST CANCER

CANARY ISLANDS CANCER RESEARCH INSTITUTE ([WWW.ICIC.ES](http://WWW.ICIC.ES))

## ALWAYS TO KEEP IN MIND



**ICIC**  
INSTITUTO CANARIO DE  
INVESTIGACIÓN DEL CÁNCER

## THE BEST WEAPON

PREVENTION and  
PRACTICE OF  
HEALTHY HABITS

*Cancer can be prevented = PRIMARY PREVENTION:*

1. Do not smoke.
2. Be moderate when consuming alcohol.
3. Avoid excessive sun exposure. With special care with children. Always use sun block creams.
4. Follow a Healthy Diet (food rich in fibre: fruits, vegetables, salads, legumes, cereals; dairy products; minimise the consumption of red meat. Eat fish and white meat).
5. Avoid overweight and obesity. Exercise regularly.
6. Avoid exposure and contact with substances that can produce cancer.

**It is important to diagnose the disease as soon as possible, particularly when the**

**previous measures have not been followed = Early Diagnose or**

**SECONDARY PREVENTION:**

7. Visit your doctor if you notice a node, an ulcer that does not heal, a mole that changes its shape and colour, a rare bleeding.
8. See your doctor if you notice persistent problems (hoarseness, cough, bowel or urinary changes, sudden weight loss).
9. Examine your breasts regularly and follow mammography programs if you are over 45.
10. Get regular gynaecological or prostate checkups. Participate in prevention campaigns for cervical cancer or prostate cancer.