



### 11. Air pollution.

Use public transport or walk instead of using the car whenever possible. Choose cleaner, greener routes when walking or exercising E.g. in the countryside or along the coast.



### 12. Ensure your children get vaccinated.

In Malta, the human papillomavirus (HPV) vaccine is offered free of charge to anyone born in the year 2000 and onwards. For more information, contact the **National Immunisation Service Centre on 21 231 231**. The Hepatitis B vaccine is given to all newborns and can help prevent liver cancer.



### 13. Hormone replacement therapy.

Hormone replacement therapy (HRT) can relieve some symptoms of menopause, but at the same time, increases the risk of certain cancers. Always consult your doctor before starting any hormonal medication.



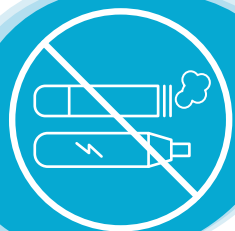
### 14. Get screened.

In Malta, screening is offered for breast, colorectal, and cervical cancer. It is very important to accept the invitation. For more information, contact the **National Screening Centre on 2122 7470/1**.



# 14 Choices that can Protect you from Cancer





### 1. Stop smoking.

Lung cancer is one of the most common forms of cancer in Malta and is mainly caused by smoking. You can phone the **Quitline on 8007 3333** for guidance or apply online for individual smoking cessation sessions at **hpdp.gov.mt**. It is never too late to stop!



### 2. Make your home and car smoke-free.

Avoid passive smoking. Keep your home, workplace, and car smoke-free. In Malta, as from 1st January 2017, a legal notice under the Tobacco Smoking Control Act came into effect, making it illegal to smoke in private vehicles when minors (under 16 years of age) are present.



### 3. Keep a healthy body weight.

Being active and choosing healthy foods over unhealthy ones can protect you against many health problems, such as diabetes and high blood pressure. For more advice, visit **hpdp.gov.mt** and apply to join our free weight management programme **Piż Tajjeb Tul Hajtek**.



### 4. Stay active.

Physical activity is important at all ages. Visit **hpdp.gov.mt** to check the recommended physical activity exercises for your age.



### 5. Eat healthy food.

Eat whole grains, vegetables, fruit, and pulses. Try to avoid processed meat and foods high in salt, sugar, and unhealthy fats. For more nutrition advice, call the **Nutrition Helpline on 8007 3307**.



### 6. Limit your alcohol intake.

It is best not to drink alcohol at all, as there is no safe limit of alcohol for cancer prevention. If you choose to drink, limit your intake.



### 7. Breastfeeding.

Breastfeeding lowers the mother's risk of breast and ovarian cancer later in life. Breast milk contains the nutrients your child needs during the first 6 months of life.



### 8. Avoid too much sun.

Most cases of skin cancer are caused by overexposure to the sun's harmful UV rays. Reapply sunscreen regularly, and if you need to stay in the sun for long hours, wear loose clothing, a wide-brimmed hat, and sunglasses with UV protection.



### 9. Protect yourself from cancer-causing substances in your workplace.

In Malta, the Occupational Health and Safety Authority (OHSA) is responsible for the promotion and safeguarding of health and safety issues of all workers. For more information, visit **ohsa.gov.mt**



### 10. Check radon risk.

In Malta, radon levels are relatively low compared to international standards and are not a cause for concern.