Cancer Prevention

CHECKLIST

- Stop Smoking
- Eat a Plant-Based Diet
- Get Active
- Rethink the Drink
How various factors interact to affect the cancer process

- Normal epithelium
- Preneoplasia
- Invasive cancer

**CANCER PROCESS**

**Host Factors**
- Genetics, Epigenetics, Microbiome, Age, Gender, Metabolic state, Inflammatory state and immune function, Other host factors

**Environmental Factors**
- Food contaminants, Viruses, UV radiation, Environmental carcinogens, Other environmental factors

**Diet/Lifestyle Factors**
- Nutrients, Energy intake, Phytochemicals, Other food components, Alcohol, Physical activity, Smoking, Other lifestyle factors

Credit: World Cancer Research Fund/American Institute for Cancer Research
Percentages of cancer cases in the UK attributable to different exposures

- Tobacco smoking: 16%
- Radiation: 12%
- Occupation: 5%
- Infections: 4%
- Alcohol: 3%
- Insufficient fibre: 3%
- Radiation-ionising: 2%
- Processed meat: 2%
- Air pollution: 1%
- Insufficient physical activity: 1%
- Postmenopausal hormones: 1%

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