

**This year's European Week Against Cancer, which has been re-launched under the leadership of the Association of European Cancer Leagues as one of the activities of the European Partnership for Action Against Cancer, focused on healthy living, *based on the European Code Against Cancer*:**

- Do not smoke; if you smoke, stop doing so. If you fail to stop, do not smoke in the presence of non-smokers
- Avoid Obesity
- Undertake some brisk, physical activity every day
- Increase your daily intake and variety of vegetables and fruits: eat at least five servings daily. Limit your intake of foods containing fats from animal sources
- If you drink alcohol, whether beer, wine or spirits, moderate your consumption to two drinks per day if you are a man and one drink per day if you are a woman
- Care must be taken to avoid excessive sun exposure.
- Apply strictly regulations aimed at preventing any exposure to known cancercausing substances.
- Women should participate in cervical screening.
- Women should participate in breast screening.
- Men and women should participate in colorectal screening.
- Participate in vaccination programmes against viruses linked to cancer.

Every year nearly 2.5 milion EU citizens are diagnosed with cancer, which is also the second most common cause of death in Europe (29% of deaths for men, 23% for women). This figure is expected to rise due to our ageing European population. However, it is estimated that around one third of cancers could be prevented if people adopted healthier living habits.

At the launch event in Brussels on 25 May the keynote speaker, John Dalli, European Commissioner for Health and Consumer Policy, encouraged participants to promote cancer prevention through organisations and institutions at national, regional and local level. He said: »My message at the occasion of this year's European Week Against Cancer is simple: people can take steps to improve their health and avoid certain cancers, by making healthier choices. While public authorities cannot force people to change their behaviour, I believe that we have a duty to arm our citizens with the information they need to take control of their health". *To conclude:*  
"

*I am*

committed to supporting Member States and stakeholders in their joint partnership efforts to prevent and control cancer in every way I can«.

The Commission has been working together with the Member States in sharing knowledge, capacity and expertise in cancer prevention and control, more can be done to effectively tackle and combat cancer across the Union.