

TEENAGE CANCER ACTION WEEK

28 SEPTEMBER - 4 OCTOBER 2015

If you're worried about your health, speak to your doctor.

If you think your concerns aren't being taken seriously or the problem isn't being solved, keep going back to the doctors. Don't be embarrassed, take control of your health. You can also ask to see a different doctor.

Eating a healthy diet can make a difference. Eat at least five portions of fruit and vegetable a day. It's not as hard as you think.

- A glass of juice for breakfast (only one will count, so don't try having five!)
- A piece of fruit at break time, salad or vegetables at lunch
- Two portions of vegetables for dinner
- Ensure you have a balanced diet that includes fibre, carbohydrates and protein



Try and exercise regularly.

Exercise isn't just about sport. Walking instead of taking the bus or using the stairs instead of a lift can all make a difference. The recommended time is an hour a day but don't panic if that sounds a lot, build up to it. Regular physical activity can make you feel more alert and awake as well as give you more energy.



Lifestyle choices.

Binge drinking and smoking are lifestyle choices that can increase the risk of certain types of cancer. So think about your body and your long term health. Only you can decide not to start or to give up.



Know your body and be your own expert.

If you know your body when you're well you will notice any changes. Check for lumps and never ignore anything. Know what is right for your body as we are all different shapes and sizes.



Look after yourself in the sun, at home and when abroad on holiday.

Cover up your skin

Wear a long sleeved shirt or top with a collar and a sarong or long shorts

Slap on the suncream

Apply water resistant suncream of at least SPF30 to clean, dry skin and reapply regularly

Wear a hat or cap

Hats are good at keeping the heat off your head, face, neck and ears

Slip on the shades

Don't forget, your eyes need protection too

Chill out in the shade

The sun's rays are strongest between 11am and 3pm so reach for the shade