OVERVIEW OF CANCER IN SCOTLAND

Cancer Research UK is committed to accelerating progress so that 3 in 4 people survive cancer by 2034.

In 2016/17, we spent over £34m on research in Scotland.

For more information please contact kirsty.slack@cancer.org.uk

**LET’S BEAT CANCER SOONER**
cruk.org/scotland
4 in 10 cancer cases in Scotland can be prevented...

...Make a change to reduce the risk of cancer

- Be smoke free
  - 5,736 cases
- Keep a healthy weight
  - 2,153 cases
- Protect against certain infections such as HPV and H.Pylori
  - 1,441 cases
- Avoid certain substances at work such as asbestos
  - 1,373 cases
- Be safe in the sun
  - 1,157 cases
- Drink less alcohol
  - 1,110 cases
- Eat a high fibre diet
  - 1,093 cases
- Avoid unnecessary radiation including radon gas and x-rays
  - 553 cases
- Cut down on processed meat
  - 490 cases
- Avoid air pollution
  - 288 cases
- Breastfeed if possible
  - 248 cases
- Be more active
  - 171 cases
- Minimise HRT use
  - 132 cases

Circle size here is not relative to other infographics based on Brown et al 2018.

Source: Brown et al, British Journal of Cancer, 2018