**Reduce the Risk – webpage updates**

**Food and Health page -** [Food and health | NHS Fife](https://www.nhsfife.org/services/all-services/health-promotion-service/food-and-health/)

**Helping to reduce the risk**

Having a healthy weight can help to reduce the risk of developing cancer. Listen to our Talking Head to hear other changes that can be made to improve health.



The Health Promotion Service team offers “Reduce the Risk” training, to provide professionals with the knowledge and skills necessary to provide brief advice to clients on modifiable risk factors associated with cancer prevention.

More information can be found by downloading the PDF document below:

* [Reduce the risk](https://www.nhsfife.org/media/36763/reduce-the-risk-cancer-brief-advice-final.pdf) (PDF)

**Alcohol page -** [Alcohol | NHS Fife](https://www.nhsfife.org/services/all-services/health-promotion-service/alcohol/)

**Helping to reduce the risk**

Using alcohol increases the risk of developing 7 types of cancer, to help reduce the risk:

* Limit alcoholic drinks to 14 units per week
* Alternate alcoholic drinks with water or non-alcoholic drinks
* Take alcohol free days between drinks

There are many other changes that can be made to help reduce the risk of cancer, listen to our Talking Head to hear more.



More information can be found by downloading the PDF document below:

* [Reduce the risk](https://www.nhsfife.org/media/36763/reduce-the-risk-cancer-brief-advice-final.pdf) (PDF)

Or if you’re unsure what a unit of alcohol is [watch our video](https://www.youtube.com/watch?v=G9IbJ37pkic).

**Health Promoting Health Service page -** [Health promoting health service | NHS Fife](https://www.nhsfife.org/services/all-services/health-promotion-service/health-promoting-health-service/)

**Helping to reduce the risk**

Often even the word ‘cancer’ can make us feel a bit anxious. This means that sometimes we often don’t talk openly in order to help reduce the risk of developing it.

Our Talking Head gives some ideas on small changes people can do to help prevent the risk of developing some cancers.



More information can be found by downloading the PDF document below:

* [Reduce the risk](https://www.nhsfife.org/media/36763/reduce-the-risk-cancer-brief-advice-final.pdf) (PDF)

**Stop Smoking Service -** [Stop smoking service | NHS Fife](https://www.nhsfife.org/services/all-services/health-promotion-service/stop-smoking-service/)

**Helping to reduce the risk**

Smoking is the largest contributing factor for all cancers. Smoking at any level can cause serious health issues. Stopping smoking provides positive mental health benefits such as reduced anxiety and stress levels.

What other changes can be made to help reduce your risk?

Listen to our Talking Head to hear other things that can be done to help prevent the risk of developing some cancers.

