Introduction:
The European Code against Cancer

Joachim Schüz

Head, Section of Environment and Radiation
Principal Investigator, European Code against Cancer
International Agency for Research on Cancer
Lyon, France
Projected burden of cancer: World (2012-2030)

Assuming no change in underlying incidence
WHAT IS IT?
- Key prevention tool to reduce cancer risk and to improve health in general
- Concrete, science-based guidelines
- At least 1/3 of cancers are preventable

WHY UPDATING?
- Science is dynamic
- Improvement in communication

HOW?
- Update of the Code (recent scientific data)
- Questions and answers
- Emphasis in communicating to the general population

WHO?
- Supported by the European Commission
- Led by the IARC
- Promoted by the European Cancer League

European Code against Cancer
HISTORY

- Drawn-up and endorsed by the high-level Committee of Cancer Experts of European Union in 1987
- 3rd Edition (Cancer Experts Committee): 2003
- Requested by European Commission, provided to Member States, dissemination by Member States, no joint systematic evaluation
What can I do to reduce my risk of cancer?

EUROPEAN CODE AGAINST CANCER

2014 Target group
2014 Target group

- General population / Actions the individuals can take themselves
- Relevant cancer burden
- Not targeted only at high risk group
- Recommendation can be communicated in a straightforward way
- No difficult decisions involved (weighing risks and benefits)
2014 New structure and outcomes

<table>
<thead>
<tr>
<th>12 ways to reduce your cancer risk</th>
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<tr>
<td><strong>1.</strong> Do not smoke. Do not use any form of tobacco.</td>
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<td><strong>2.</strong> Make your home smoke-free. Limit smoking in your workplace.</td>
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<td><strong>3.</strong> Take action to avoid drinking alcohol.</td>
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<td><strong>4.</strong> If you are physically active, try to limit your time spent sitting.</td>
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<td><strong>5.</strong> Choose healthy food.</td>
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<td><strong>6.</strong> Cut down on free sugars, processed foods, and fats.</td>
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Find out more about the European Code Against Cancer at: [http://europeancodeagainstcancer.org/](http://europeancodeagainstcancer.org/)
Level I: Code

- General public

Level II: Questions and Answers (Q&A)

- General public

Level III: Scientific Justification

- Scientists

1. Additional information on the recommendations or on cancer prevention topics not covered by the recommendations.
2. Q&A on exposure, messages for special target groups, and information on preventive actions on how to achieve the recommendation.
3. Justification of each recommendation and the scientific statements made in Q&A.
4. Peer-reviewed publications (open access).
European Code Against Cancer - Formulation of Evidence-based Recommendations and Q&A

- Working group drafted recommendations
- In a series of consultations between the Communication WG, the PIs and the Expert WGs initial drafts were refined
- Presentation, discussion and adoption by the Scientific Committee

- Rigorous scientific approach (evidence base)
- Endorsement by local key players (authoritative)
Update of the scientific evidence

- Evidence that following the recommendation reduces the risk of cancer or of dying from cancer

- Focus on comprehensive sources:
  - IARC Monograph Program and Handbooks of Cancer Prevention
  - WCRF/AICR reports and continuous updates
  - Evidence-based publications of the WHO and the European Commission
    - Additional systematic reviews using other sources if highest grade evidence not readily available
Working process

Scientific Committee:
- Advises & adopts

Editorial Board:
- PI (Co-Chairs)
  - Edits

Coordination Group:
- Scientific Secretariat:
  - Principal Investigators:
    - Joachim Schüz, Lawrence von Karsa
    - Carolina Espina, Patricia Villain, Tracy Lignini

WG Communication:
- Jane Wardle (Chair)

WG Chairs

Expert Groups:
- WG Tobacco
  - Maria Leon Roux (Chair)
- WG Nutrition
  - Isabelle Romieu (Co-Chair)
  - Martin Wiseman (Co-Chair)
- WG Radiation
  - Joachim Schüz (Chair)
- WG Environment
  - Joachim Schüz (Chair)
- WG Screening
  - Nereo Segnan (Chair)
- WG Infections
  - Rolando Herrero (Chair)

Literature Group:
- Silvia Minozzi (Chair)
Twelve ways to reduce your cancer risk
Update of the European Code against Cancer

- Tobacco
- Second-hand smoke
- Healthy body weight
- Physical activity
- Diet
- Alcohol
- Sun / UV
- Occupational chemicals
- Radon
- Breastfeeding
- Hormonal therapy
- Vaccination
- Screening

http://cancer-code-europe.iarc.fr/
12 ways to reduce your cancer risk

1. Do not smoke. 
   Do not use any form of tobacco.

2. Make your home smoke free. Support smoke-free policies in your workplace.
3 Take action to be a healthy body weight.

4 Be physically active in everyday life. Limit the time you spend sitting.

5 Have a healthy diet:
   • Eat plenty of whole grains, pulses, vegetables and fruits.
   • Limit high-calorie foods (foods high in sugar or fat) and avoid sugary drinks
   • Avoid processed meat; limit red meat and foods high in salt.
6 If you drink alcohol of any type, limit your intake. Not drinking alcohol is better for cancer prevention.

7 Avoid too much sun, especially for children. Use sun protection. Do not use sunbeds.

8 In the workplace, protect yourself against cancer-causing substances by following health and safety instructions.
9 Find out if you are exposed to radiation from naturally high radon levels in your home. Take action to reduce high radon levels.

10 For women:

- Breastfeeding reduces the mother’s cancer risk. If you can, breastfeed your baby.
- Hormone replacement therapy (HRT) increases the risk of certain cancers. Limit use of HRT.
11 Ensure your children take part in vaccination programmes for:

- Hepatitis B (for newborns)
- Human papillomavirus (HPV) (for girls).

12 Take part in organized cancer screening programmes for:

- Bowel cancer (men and women)
- Breast cancer (women)
- Cervical cancer (women).

The European Code Against Cancer focuses on actions that individual citizens can take to help prevent cancer. Successful cancer prevention requires these individual actions to be supported by governmental policies and actions.

Find out more about the European Code Against Cancer at: http://cancer-code-europe.iarc.fr
CANCER PREVENTION
LATIN AMERICA

- Integral project – involving all the relevant components:
  - Development and adoption of cancer prevention recommendations
  - Dissemination strategy and partnerships
  - Monitoring and Evaluation

- Indispensable: Be a product of Latin America
  - Regional experts and adoption by regional key players
  - Endorsement by country governments

- For efficiency, analogy and global impact:
  - Developed based on but not translation of European Code
  - Use established IARC methodology
European Code Against Cancer - Acknowledgements

Scientific Committee
Filippo Belardelli
Douglas Bettcher
Franco Cavalli
Gauden Galea
Gilbert Lenoir
Jose Martin-Moreno
Florian Alexandru Nicula
Jørgen Olsen
Julietta Patnick
Maja Primic-Žakelj
Pekka Puska
Flora van Leeuwen
Otmar Wiestler
Witold Zatonski

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Scientific Secretariat (IARC)
Joachim Schüz
Lawrence von Karsa
Nereo Segnan
Carolina Espina
Patricia Villain
Tracy Lignini

Working Group Experts
Tobacco and second-hand smoke
Maria Leon Roux (Chair)
Neela Guha
Eva Králikova
Anne McNeill,
Silvia Minozzi
Armando Peruga
Joachim Schüz
Carolina Espina

Radiation
Joachim Schüz (Chair)
Anssi Auvinen
Esther de Vries
Friederike Erdmann
Rüdiger Greinert
John Harrison
Ausrele Kesminiene
Neil McColl
Carolina Espina

Physical Activity, body weight, diet, alcohol and breastfeeding
Isabelle Romieu (co-Chair)
Martin Wiseman (co-Chair)
Annie Anderson
Paola Armaroli
Franco Berrino
Marie-Christine Boutron-Ruault
Michele Cecchini
Tim Key
Michael Leitzmann
Teresa Norat
Hilary J Powers
Chiara Scoccianti
Joachim Schüz
Lawrence von Karsa
Carolina Espina

Environment, occupation and pharmaceutical drugs
Joachim Schüz (Chair)
Manolis Kogevinas
Rodolfo Saracci
Søren Friis
Kurt Straif
Harri Vainio
Carolina Espina

Infections and vaccination
Rolando Herrero (Chair)
Maribel Almonte
Ahti Anttila
Joakim Dillner
Silvia Franceschi
Paula Gonzalez
Andrew Hall
Lawrence von Karsa
Patricia Villain

Screening
Nereo Segnan (Chair)
Ahti Anttila
Wendy Atkin
Peter B. Dean
Harry de Koning
Lena Dillner
Rolando Herrero
Ernst Kuipers
Iris Landsdorp-Vogelaar
Eugenio Paci
Jaroslav Regula
Eero Suonio
Sven Törnberg
Lawrence von Karsa
Patricia Villain

Communication group
Jane Wardle (Chair)
Lynn Faulds Wood
Nicolas Gaudin
Kirstin Grosse Frie
Eric Lucas
Veronique Terrasse
Maria Valdivieso Gonzalez
Kelly Winstanley
Martin Wiseman
Lawrence von Karsa
Joachim Schüz
Carolina Espina
Patricia Villain

Literature group
Silvia Minozzi (Chair)
Paola Armaroli
Cristina Bellsario
Elena Biagioli
Michela Cinquini
Silvia Gianola
Marien Gonzalez Lorenzo
Teresa Norat
Nereo Segnan
Eero Suonio
Lawrence von Karsa
Joachim Schüz
Carolina Espina
Patricia Villain