

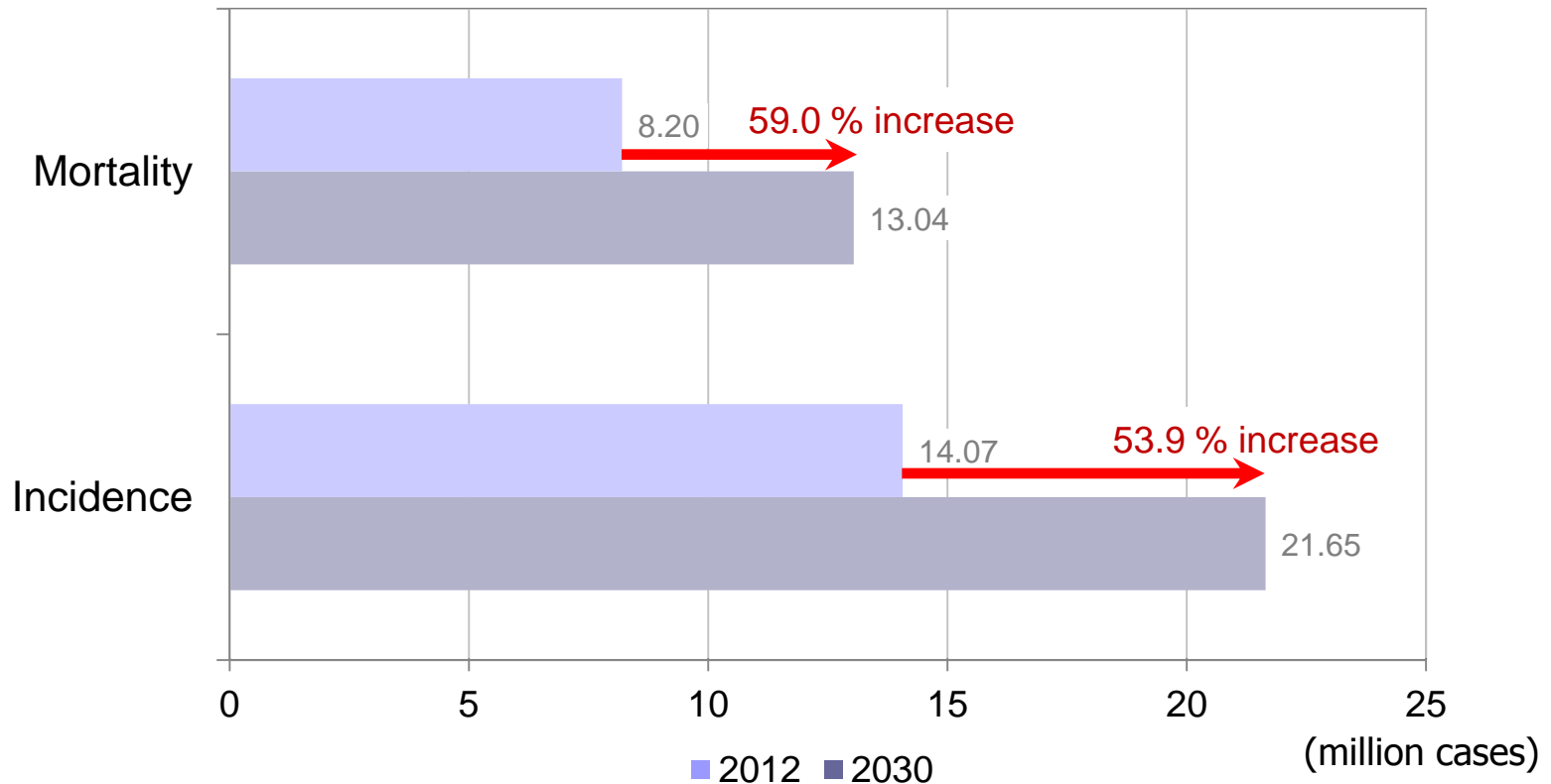


# Introduction: The European Code against Cancer

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# 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

# European Code against Cancer

## 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

# HISTORY

- ❑ Drawn-up and endorsed by the high-level Committee of Cancer Experts of European Union in 1987
- ❑ 2<sup>nd</sup> Edition (Cancer Experts Committee): 1994
- ❑ 3<sup>rd</sup> Edition (Cancer Experts Committee): 2003
- ❑ 4<sup>th</sup> Edition (International Agency for Research on Cancer): 2014
- ❑ Requested by European Commission, provided to Member States, dissemination by Member States, no joint systematic evaluation

[International Agency for Research on Cancer](#)

*What can I do to reduce my risk of cancer?*

## EUROPEAN CODE AGAINST CANCER



# 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

Special article

## European Code Against Cancer and scientific justification: third version (2013)

P. Bech<sup>1</sup>, P. Antic<sup>2</sup>, H. Bartsch<sup>3</sup>, J. Benitez<sup>4</sup>, P. Boffino<sup>5</sup>, J. Dorn<sup>6</sup>, H. J. G. Bana<sup>7</sup>, J. Christmann<sup>8</sup>, J. Duan<sup>9</sup>, M. Duan<sup>10</sup>, N. Duij<sup>11</sup>, W. Duij<sup>12</sup>, N. Franceschi<sup>13</sup>, C. R. Gallo<sup>14</sup>, N. Gray<sup>15</sup>, J. Guzman<sup>16</sup>, A. Harkness<sup>17</sup>, M. Kawanishi<sup>18</sup>, M. Kogevinas<sup>19</sup>, S. Kravtsov<sup>20</sup>, C. La Vecchia<sup>21</sup>, F. Lortz<sup>22</sup>, J. G. Maughan<sup>23</sup>, P. Mannervik<sup>24</sup>, J. M. Martin-Muñoz<sup>25</sup>, J. Newton Bishop<sup>26</sup>, F. Olorin<sup>27</sup>, P. Parise<sup>28</sup>, M. Qian<sup>29</sup>, M. Riklund<sup>30</sup>, J. Rindberg<sup>31</sup>, C. Scally<sup>32</sup>, E. Szeska<sup>33</sup>, H. Steiner<sup>34</sup>, M. Tjønnestad<sup>35</sup>, Y. Teras<sup>36</sup>, G. Vermeulen<sup>37</sup>, N. Wild<sup>38</sup>, W. Wiloski<sup>39</sup>, D. G. Zeleni<sup>40</sup>, W. Zeleni<sup>41</sup> & H. van Hasselt<sup>42</sup>

**Introduction**

Since the previous version of the European Code Against Cancer was issued [1], the European Union has expanded its number of Member States and now also has a number of candidate states. In addition, the European Union has adopted a number of new directives and regulations. Additionally, it is necessary to update the Code and to revise the scientific justification as a result of new scientific evidence. This update will also provide a greater number of people with a single legal document that can be used in all Member States.

**European 12 new cancer facts**

In the European Union in 2010, it is estimated that there were 1 000 000 incident cases of all forms of cancer including non-melanoma skin cancer (NMSC) (1). In the world, there were about 12 million incident cases of all forms of cancer, although there was a slight decline in some 100 000 cancer sites (2). In 2010, it is estimated that there were 1 000 000 deaths in the

### EUROPEAN CODE AGAINST CANCER

#### 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 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. Cancer's major prevention requires basic structural actions to be supported by governmental policies and actions. Find out more about the European Code Against Cancer at: <http://cancer-code-europe.jarc.fr>

International Agency for Research on Cancer

International Agency for Research on Cancer

World Health Organization

## European Code Against Cancer

12 WAYS TO REDUCE YOUR CANCER RISK

You are here: 12 ways

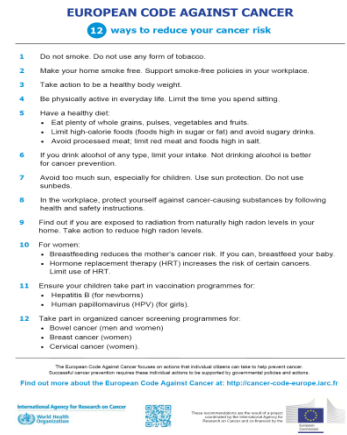
FIND OUT MORE ABOUT THE 12 RECOMMENDATIONS:

WHAT IS CANCER?	TOBACCO	SUNUV EXPOSURE
WHAT CAUSES CANCER?	SECOND-HAND SMOKE	POLLUTANTS
IS CANCER AVOIDABLE?	HEALTHY BODY WEIGHT	RADIATION
WHAT CAN WE DO?	PHYSICAL ACTIVITY	BREASTFEEDING
	DIET	HORMONAL THERAPY
	ALCOHOL	VACCINATION AND INFECTIONS
		SCREENING

# Level I: Code

General public

- 12 evidence-based recommendations on primary and secondary prevention of cancer



# Level II: Questions and Answers (Q&A)

General public

- Additional information on the recommendations or on cancer prevention topics not covered by the recommendations
- Q&A on exposure, messages for special target groups, and information on preventive actions on how to achieve the recommendation



# Level III: Scientific Justification

Scientists

- Justification of each recommendation and the scientific statements made in Q&A
- Peer-reviewed publications (open access)





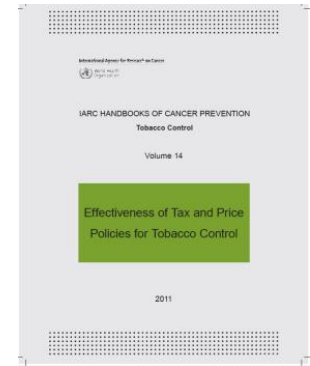
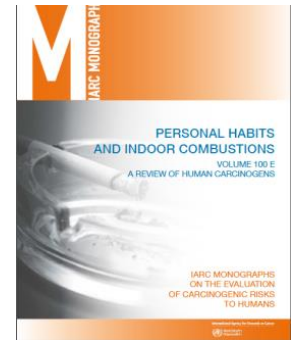
# European Code Against Cancer - Formulation of Evidence-based Recommendations and Q&A

- 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)

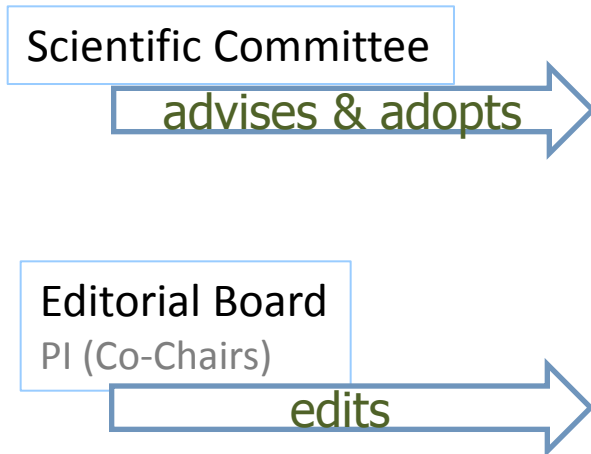
# Update of the scientific evidence

- ❑ 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



## Expert Groups:

WG Tobacco  
Maria Leon Roux (Chair)

WG Nutrition  
Isabelle Romieu (Co-Chair)  
Martin Wiseman (Co-Chair)

WG Screening  
Nereo Segnan (Chair)

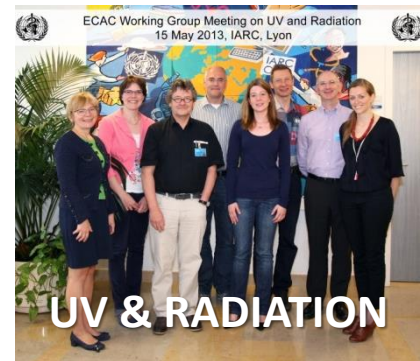
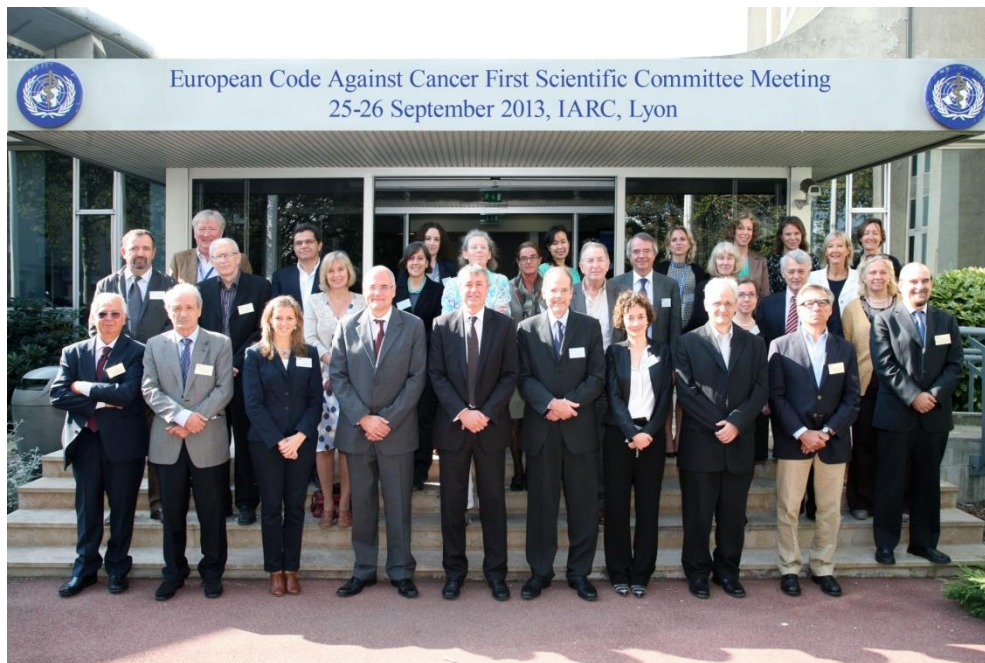
WG Radiation  
Joachim Schüz (Chair)

WG Environment  
Joachim Schüz (Chair)

WG Infections  
Rolando Herrero (Chair)



# Scientific Committee (Oversight & Endorsement)



# 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/>



# EUROPEAN CODE AGAINST CANCER

## 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.



# EUROPEAN CODE AGAINST CANCER

## 12 ways to reduce your cancer risk

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.**

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# EUROPEAN CODE AGAINST CANCER

## 12 ways to reduce your cancer risk

- 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.





# EUROPEAN CODE AGAINST CANCER

## 12 ways to reduce your cancer risk

**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.



# EUROPEAN CODE AGAINST CANCER

## 12 ways to reduce your cancer risk

**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>

International Agency for Research on Cancer



These recommendations are the result of a project coordinated by the International Agency for Research on Cancer and co-financed by the



- ❑ **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	Jørgen Olsen
Douglas Bettcher	Julietta Patnick
Franco Cavalli	Maja Primic-Žakelj
Gauden Galea	Pekka Puska
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Florian Alexandru Nicula	Witold Zatonski

Co-financed by the



## Scientific Secretariat (IARC)

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