Australia's Biggest Morning Tea (Thursday 28th May) is an annual fundraising event that provides an opportunity for friends, family or workmates to come together, share a cuppa and some delicious food, and help those affected by cancer. A staggering 1 in 2 Australians are diagnosed with cancer by the age of 85, but one dollar at a time, Biggest Morning Tea's held around the country are making a real difference in helping to fund the Cancer Council’s vital research, prevention and support service programmes.

**REDUCE YOUR RISK OF CANCER**

One third of cancer deaths in Australia are caused by preventable risk factors. There are seven simple steps you can take to reduce your cancer risk:

**Quit smoking** - Tobacco smoke contains more than 4000 chemicals, including over 60 carcinogens (chemicals known to cause cancer).

**Eat for health** - Poor eating habits increase your risk of cancer at many sites in the body. Keep it simple - eat more fruit, veg, and fibre and eat less processed foods.

**Maintain a healthy weight** - Studies show being overweight, physically inactive and not eating well cause nearly one third of all cancers.

**Be SunSmart** - Skin cancer is the most common cancer diagnosed in Australia.

**Limit alcohol** - There is convincing evidence that drinking alcohol increases the risk of cancers of the bowel, breast, mouth, throat, voice box, oesophagus (food pipe) and liver.

**Move your body** - Physical activity helps to lower our risk of bowel and breast cancer, and even influences the growth of tumours.

**Get checked - men:** Look out for changes in your testicles, and enquire about prostate and bowel screening.

**Get checked - women:** Have a regular pap smear and mammogram, and ask about bowel screening.


Make your cup count in 2015!