

HSE Talking Health and Wellbeing Podcast



In Ireland, 1 in 2 people will develop cancer at some stage of their life. Cancer prevention and early diagnosis are key to reducing the burden of cancer in Ireland. **On Episode 25: Reducing your risk of cancer HSE-Podcast** consultant in public health Dr Triona McCarthy at the HSE's National Cancer Control Programme (NCCP) discusses steps you can take to reduce your risk of cancer and the healthy lifestyle choices you can make to help.