



Co-funded by
the European Union

be
involved

To women everywhere!

We invite you to participate in the European project **ELISAH**, aimed at reducing the risk of breast cancer and its recurrence by addressing modifiable risk factors associated with an unhealthy lifestyle.

European Linkage of
Initiative from Science
to Action in Health



- being exposed to active or passive smoking, whether from regular or electronic cigarettes



- consuming ultra-processed foods that are often high in fat and sugar and low in fruit and vegetables

- drinking alcohol



- being physically inactive



- being exposed to toxic chemicals in food and cosmetics

Some examples of such risk factors:

As part of the project we have developed the **ELISAH app**, which is:

- Easy to download to your mobile phone.
- Guides you through content of specific interest.
- Includes videos with healthy recipes.
- Offers advice on quitting smoking.
- Provides information on physical activity.
- Shares details about alcohol consumption.
- Includes information on cosmetics.
- Aims to help improve and change your lifestyle.



Moreover, by taking part in this European project and by filling in the lifestyle questionnaires in the app you will make a fundamental contribution to the work of researchers studying the risk factors associated with cancer development.

You can download the **ELISAH app** by scanning the **QR** code below. Filling in the questionnaires and following the **ELISAH app** will help you improve your lifestyle over time. Many thanks for your contribution to the project!



The researchers of the European ELISAH Project



SCAN ME

