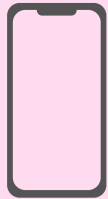




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YOU CAN PARTICIPATE TOO !

IOS / ANDROID



Download the
App Now

and enter the code
you find here:



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

Some examples of
such risk factors:

- drinking
alcohol



- being
physically
inactive



- being
exposed to
toxic
chemicals in
food and
cosmetics

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



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