

MEN AND CANCER

In 2017, more than **1.6 MILLION** will be diagnosed with cancer in the United States.

More than **600,000** will die from the disease.

Over **40 PERCENT** will develop cancer during their lifetime.

Cancers most commonly diagnosed in men

● SKIN

● LUNG

● COLON

● BLADDER

● PROSTATE

There are many steps men can take to lower their risk of developing or dying from cancer. These include:

Getting Screened

- Colon cancer screening beginning at age 50
- Discussions about prostate cancer screening starting at age 50
- Skin examinations if suspicious moles or spots are detected
- For current or former heavy smokers, discussions about lung cancer screening starting at age 55

If you have a higher risk of developing certain cancers, talk to your doctor about getting screened for them earlier and more frequently.



Lower Your Risk

- Eat a diet rich in vegetables, fruits and whole grains.
- Limit foods and beverages that are high in fat, salt, sugar and calories.
- Exercise for at least 2-1/2 hours each week.
- Limit alcohol consumption to no more than two drinks a day.
- Avoid or quit tobacco use.
- Get immunized on schedule, including HPV vaccination for younger men.
- Protect your skin from the sun.



Be Aware of Symptoms

- Changes in urinary or bowel habits
- Blood in urine or stool
- Persistent fatigue or pain
- A lasting cough, especially with blood
- Palpable lumps, particularly in the testicular or chest region
- Unexplained loss of weight or appetite
- New or changing moles on skin



To get more information, visit CityofHope.org/mens-health

If you or a loved one would like to learn more about becoming a patient or getting a second opinion at City of Hope, call 800-826-HOPE (4673).

Sources: National Cancer Institute, American Cancer Society: Facts and Figures 2017