



Men, reduce your cancer risk and get your tests to find cancer early.



Reducing your risk for cancer and getting regular cancer screening tests to find cancer early give you the best chances for staying well and living a long life.

Take control of your health and reduce your cancer risk by making healthy lifestyle choices:

- Stay away from tobacco.
- Stay at a healthy weight.
- Get moving with regular physical activity.
- Eat healthy with plenty of fruits and vegetables.
- Limit yourself to no more than 2 alcoholic drinks a day.
- Protect your skin from the sun.
- Know yourself, your family history, and your risks.
- **Have regular check-ups and cancer screening tests.**

Visit cancer.org or call **1-800-227-2345** to learn more about reducing your risk of cancer.

Take control of your health and get regular cancer screening tests:

- **Colorectal cancer:** Beginning at age 50, talk to your doctor about the testing option that is best for you and get regular testing.
- **Skin cancer:** Have a skin exam done during your regular health check-ups.
- **Prostate cancer:**
 - ◆ Beginning at age 50, talk with a doctor about the benefits and harms of prostate cancer testing, then decide if testing is right for you.
 - ◆ If you are African American or have a close relative who had prostate cancer before age 65, have this talk with a doctor beginning at age 45.
- **Lung cancer:** If you are between 55 and 74 years of age, are in fairly good health, have smoked for many years AND still smoke OR quit within the past 15 years, please talk to a doctor or nurse about whether you should be tested for lung cancer.



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