

## Physical activity

Being physically active can reduce the risk of bowel cancer. The more active you are the better. At least 30 minutes of moderate activity a day, 5 days a week, is recommended for a positive effect on your health.

### Some simple steps to get you going:

- walk more – with or without the dog, or on your way to and from work
- get out of breath more often. Join the local 5-a-side or get on your bike.
- take the stairs
- try to incorporate activity into your daily routine
- set yourself a challenge – like a number of steps each day
- see what activities are available at your local leisure centre.

## Sun

More men than women die from malignant melanoma (the most serious type of skin cancer). The main cause of skin cancer is too much ultraviolet (UV) radiation, from the sun or sunbeds. Melanomas can develop anywhere, but for men the chest or back is most common. If you notice any unusual changes to your skin that don't go away, get checked out by your doctor.

We all need some sun, particularly for healthy bones. But it is important to enjoy the sun safely, and to take care not to burn.

Whether you are at home or abroad, when the sun is strong protect your skin with:

- shade
- clothing
- sunscreen of at least SPF 15 and a high star rating

## Infections

Some infections such as HPV (human papillomavirus), hepatitis B and C can cause cancer, including mouth, penis and liver cancers. Using a condom can reduce the chances of getting or spreading these infections, so it's a good idea to practise safer sex. And not sharing needles will lower your risk of getting hepatitis.

### How you could reduce the risk of these cancers:



## Further information

### About cancer

For more about healthy choices that could reduce cancer risk, visit [cruk.org/health](http://cruk.org/health)

For information about cancer visit our patient information website [cruk.org.uk/cancer-help](http://cruk.org.uk/cancer-help)

All our leaflets are thoroughly researched and based on the most up-to-date scientific evidence. They are reviewed by independent experts and updated regularly. You can order our full range of leaflets free online at [cruk.org/leaflets](http://cruk.org/leaflets)

### About Cancer Research UK

We pioneer life-saving research to bring forward the day when all cancers are cured. From our volunteers and supporters to our scientists, doctors and nurses, we're all here to save more lives and prevent, control and cure all cancers. Together we will beat cancer sooner. If you want to join the fight, call **0300 123 1861** or visit our website [cruk.org](http://cruk.org)

The Bobby Moore Fund was set up in 1993 by Stephanie Moore MBE in partnership with Cancer Research UK to fund bowel cancer research and raise awareness of the symptoms of the disease. [bobbymoorefund.org](http://bobbymoorefund.org)



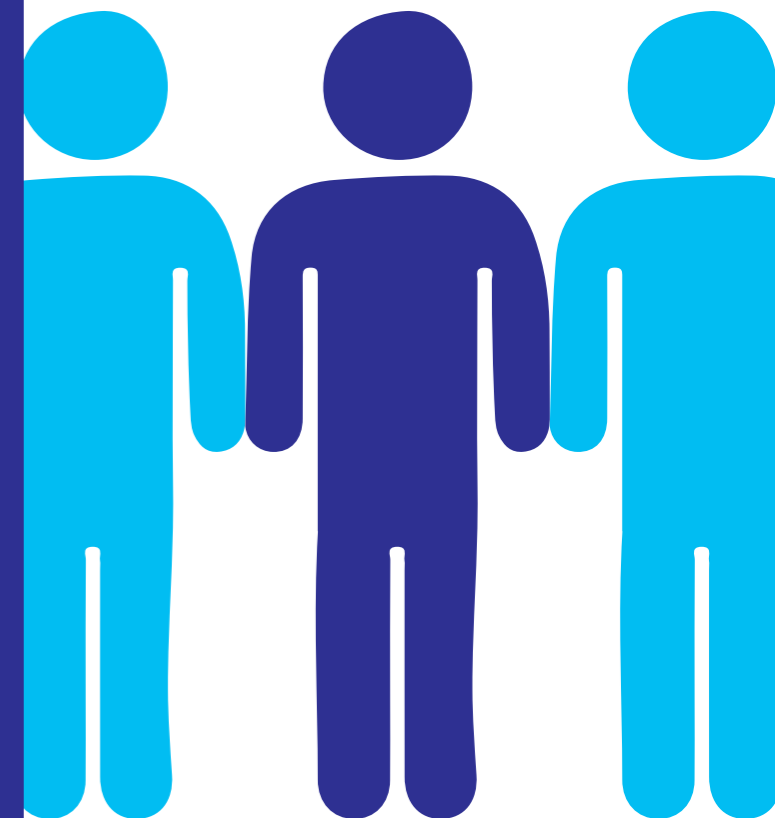
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# REDUCING CANCER RISK

## WHAT MEN CAN DO

[cruk.org](http://cruk.org)





## Did you know that UK men have a higher risk of cancer than women? Experts are not certain why, but they think that lifestyles may play a part.

Cancer is not just down to fate. We have control over many of the things that affect our chances of developing cancer. Living healthily is not a cast iron guarantee, but it can stack the odds of avoiding cancer in your favour. More than 4 in 10 cancer cases in the UK could be prevented by changes in lifestyle.

Cancer is more common in older people, but the habits you pick up earlier in life can have a big effect on your risk later on. The most common cancers in UK men are prostate, lung, and bowel.

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**This leaflet tells you about what men can do to reduce the risk of cancer.**

### Smoking

Smoking doesn't just increase the risk of lung cancer. It also increases the risk of at least 13 other types, including throat and bladder cancers. The good news is that if you are able to quit you could gain up to 10 years of life. It's always worth quitting, no matter how long you've smoked.

#### Did you know?

- Smoking causes more than a quarter of all UK cancer deaths
- Smoking a pack of 20 cigarettes a day for 20 years could cost you almost £60,000
- There's no safe way to use tobacco – that includes roll-ups, pipes, cigars, shisha and chewing tobacco.

**There's lots of free support available to help give you the best possible chance of quitting. Go to [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree), talk to your doctor or call:**

- England: 0800 022 4 332
- Wales: 0800 169 0 169
- Scotland: 0800 84 84 84
- Northern Ireland: 0808 812 8008
- Isle of Man: 01624 642 404

**If you are a smoker, giving up is the best thing you can do to improve your health.**

### Alcohol

Regularly drinking alcohol increases the risk of 7 different types of cancer. The more you cut down on alcohol, the more you reduce the risk of cancer.




All alcoholic drinks – beer, wine and spirits – raise the chances of developing the disease. It is harmful whether you drink it in one session or spread it out over the week. Drinking and smoking together are even worse for you.

Drinking small amounts of alcohol, such as 1-2 units a day, may reduce the risk of heart disease in men over 40. But drinking more than this increases the risk of cancer and other diseases.

#### To limit your cancer risk:

- try to drink no more than two standard alcoholic drinks a day
- have some alcohol-free days
- swap some drinks for soft drinks
- choose a smaller glass or lower strength drink.

#### How many units and calories are there in some common drinks?

-  **3 units, 260 calories**  
A pint of premium strength (5–5.5%) lager, cider or extra strength bitter
-  **2 units, 130 calories**  
A 175ml glass of wine (12%)
-  **1 unit, 60 calories**  
A small 25ml single measure of spirits (40%)

### Weight

Many types of cancer, including cancers of the bowel and food pipe, are more common in people who are overweight or obese. And where fat is stored on your body also affects your health - the risk of some cancers increase along with an increasing waist size.

Being more active, cutting back on alcohol and eating healthily will all help to keep your weight in check.





#### Some tips and tricks:

- be careful with portion sizes
  - keep to a meal routine
  - swap fizzy drinks for water or sugar-free squash
- For more information visit [weightconcern.org.uk](http://weightconcern.org.uk)

### Food

What you eat can put you at risk of several different types of cancer. The best advice to reduce cancer risk and for general health is to eat a healthy, balanced diet. This means plenty of fibre, fruit and vegetables, and not too much salt, red and processed meat or saturated fat.

#### Some tips to get you started:

-  swap processed meats like ham, bacon or sausages for fish or chicken whenever you can
-  try wholegrain options of bread, pasta and cereals
-  don't forget your 5-a-day – try packing healthy snacks
-  look out for salt content in ready meals and processed food.