

Reducing cancer risk for Men

Simple steps
to reduce your
cancer risk:



Don't smoke

Call 13 QUIT (13 7848)



Be SunSmart

Slip, slop, slap, seek, slide



Move your body

Be physically active every day



Stay in shape

Aim for a healthy body weight



Eat for health

Eat a variety of foods and choose plenty of fruit and vegetables



Avoid or limit alcohol

Try alcohol free days and non-alcoholic drinks



Ask about screening

Detecting cancer early could save your life

Know your body and see
your doctor if you notice any
changes

Finding cancer early in men

One in two Queensland men will develop cancer before the age of 85

Prostate cancer

The risk of getting prostate cancer increases as a man ages. The tests available to find prostate cancer early are the prostate specific antigen (PSA) blood test and the digital rectal examination (DRE). If either of these tests are positive, a biopsy may be required to confirm a diagnosis. Talk to your GP about prostate cancer and make an informed decision about whether you should be tested.

Testicular cancer

Testicular cancer is not a very common form of cancer, but it can occur in younger males. There are no screening tests available, however it is one of the most curable cancers if found early. Be aware of what is normal for you and if you see or feel any changes, see your doctor immediately.

Bowel cancer

Everyone over 50 should complete a faecal occult blood test (FOBT) every two years to check for bowel cancer. Ask your doctor about obtaining a test. The National Bowel Cancer Screening Program currently invites all Australians of the ages of 50, 55 and 65 years to participate in the program. Those eligible for the program receive a free FOBT kit in the mail. For more information, contact the National Bowel Cancer Screening Program Helpline on 1800 118 868 or go to www.health.qld.gov.au/bowelcancer

The earlier cancer is detected,
the better the outcome.

Source (2010): www.cancerqld.org.au/research/qcsol