

3 Biggest cancer killers of men in the U.S.

Over Age 55...

1. Lung cancer kills more than 80,000 each year.
2. Prostate (PRAH-stayt) cancer kills more than 25,000 each year.
3. Colorectal (KOH-loh-REK-tul) cancer (Cancer of the colon and/or rectum) kills more than 25,000 each year.

Smoking is responsible for at least 30% of all cancer deaths.

HIV/AIDS

Most men who get AIDS get it one of two ways:

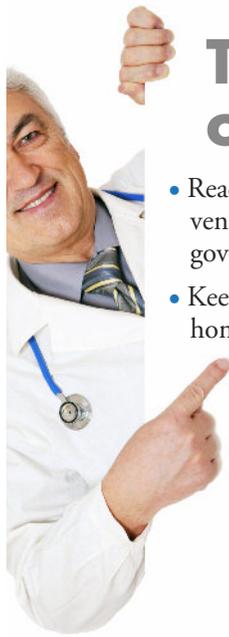
- Sex with somebody who has HIV (man or woman)
- Sharing needles to use drugs

Tips for lowering your risk of HIV/AIDS:

- Don't have sex. Or have sex with only one faithful partner who does **not** have HIV.
- Always use a latex condom.
- Don't share needles or syringes.
- Limit drinking alcohol so you can use good judgment about having sex.
- If you are having sex, get regular checkups for STIs (sexually transmitted infections) including HIV.

It can take up to 6 months for HIV/AIDS to show up on a test. So you may have HIV even if your HIV test says you don't. And you can already pass the disease on to others.

Sources: Seattle-King County Health Department; American Medical Association; American Cancer Society; Melanoma Foundation



Take charge of your health!

- Read all you can about health, safety, and preventing disease. Hospitals, universities, and government agencies have good information.
- Keep a self-care book and a first-aid book at home. They can help you take care of minor illnesses and injuries. And they can help you know when to call the doctor.
 - Remember that you are the boss. Your doctor works for you.
 - Find a doctor who really listens.
 - Take a list of questions to every doctor visit. Insist on getting the answers and services you need.
 - Ask for copies of letters and lab tests for your home health file.
 - Get a second opinion before any major treatment or surgery.

SAMPLE

Weight:	_____ / _____	_____ / _____
	My Goal Weight Date Weight Date Weight	
Blood Pressure (Every 2 years):	_____ / _____	_____ / _____
Goal less than 120/80	Date BP Date BP	
LDL Cholesterol (At least every 5 years):	_____ / _____	_____ / _____
Goal less than 100	Date LDL Date LDL	
Colon Cancer Check (Starting age 50):	_____	_____
	Date Date	
PSA Test*	_____	_____
*Ask your doctor how often	Date Date	



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Men's Health



Heart disease

Heart disease is the leading cause of death for U.S. men. Try these tips to lower your risk of heart disease:

- Don't smoke. Avoid secondhand smoke.
- Keep your blood pressure below 120/80. Get it checked every 2 years.
- Watch your cholesterol (*kub-LES-tuh-rall*). An LDL ("bad" cholesterol) score less than 100 is best. Get your blood cholesterol checked every 5 years — more often if your doctor says so.
- Exercise at least 30 minutes most days of the week. You can do just 10 minutes at a time, if you want. (*Exercise an hour a day if you need to lose weight.*)
- Eat at least 5 servings of fruits and vegetables every day.
- Eat less fat. Less than **one-third** of your daily calories should come from fat.
- Ask your doctor about taking low-dose aspirin daily after age 45.
- Prevent diabetes (*dye-uh-BEE-teez*). If you already have diabetes, ask your doctor how to control it.
- Learn how to manage stress.
- Keep a healthy weight.

“When it comes to eating right and exercising, there is no ‘I’ll start tomorrow.’ Tomorrow is disease.”

— Terri Guillemets

Source: American Heart Association

Cancer

Lung Cancer

Routine chest X-rays **can't** warn you in time if you have lung cancer. Help reduce your risk:

- Don't smoke. Nine out of 10 men who die from lung cancer are (or were) smokers. The earlier you quit, the lower your risk.
- Avoid secondhand smoke.

Prostate Cancer

Most prostate cancers are found in men over age 65. This cancer can run in families. Help reduce your risk:

- Keep a healthy weight.
- Eat less red meat, fatty meats, and processed meats.

Finding It Early

Ask your doctor when to start getting checked for prostate cancer. Talk to your doctor:

- ✓ At age 40 if several close family members have had prostate cancer (father, sons, brothers)
- ✓ At age 45 if you are African American and your father, son, or brother got prostate cancer before age 65
- ✓ At any age if you have any signs of prostate cancer. Signs include peeing more often or more slowly.

Ask your doctor if you should get a blood test called a PSA and/or a physical exam of your prostate gland. These tests can show early signs of prostate cancer and other prostate problems.

Cancer of the Testicles

Cancer of the testicles (*TEST-uh-kulz*) is **not** common. About half of testicular cancers occur in men between the ages of 20 and 34. But this cancer can affect males of any age, including infants and elderly men.

Finding It Early

See your doctor if your testicles:

- ✓ Have a painless swelling
- ✓ Have a hard lump, pea-sized or larger
- ✓ Feel “heavy”
- ✓ Never appeared (*descended*)

Check your testicles every month. Have your doctor show you how.

Colorectal Cancer

Risk Factors

- You or a close family member have had cancer or lumps (*polyps*) of the colon or rectum.
- You have had inflammatory (*in-FLAM-uh-tor-ee*) bowel disease.
- You have a high-fat diet or you are overweight.
- You smoke.

Finding It Early

Starting at age 50: Talk to your doctor about tests you need to check for cancer in the colon and rectum.

At any age, see your doctor if you:

- ✓ Have bleeding from your rectum
- ✓ See blood in your stool
- ✓ See a change in your bathroom habits

Skin Cancer

Skin cancer is common, but it's easy to prevent. Melanoma (*mel-uh-NOH-muh*) is one type of skin cancer. One American dies of melanoma about every hour.

Risk Factors

- Having fair skin
- Getting too much sun
- Family history of melanoma

The main way to prevent skin cancer is to protect yourself from the sun.

- Don't stay out in the sun longer than you need to.
- When outdoors wear a hat, tightly woven clothes, and sunscreen with SPF 15 or more.

Finding It Early

- ✓ Check your skin from head to toe once a month. Most skin cancers can be cured if they are found early.
- ✓ After age 21, see your doctor anytime you get a new mole or a change in a mole. The change could be in size, shape, color, or how it feels.