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# Reduce your risk of cancer and be **bodyaware**

## Some signs and symptoms to look for:

- Unexplained weight loss or tiredness
- Increasingly out of breath
- A cough or croaky voice that lasts longer than 3 weeks
- Blood in sputum
- Unexplained persistent pain or ache
- A change in the size, shape, colour of a mole
- Sickness
- Difficulty in swallowing/indigestion
- An ulcer/soreness in the mouth/tongue lasting longer than 3 weeks
- Unexplained lump/swelling
- A change to bowel motions that lasts longer than 6 weeks
- Blood in your bowel motions
- Blood in your urine
- Problems passing urine

## Prostate cancer

Men with early prostate cancer are unlikely to have any symptoms. However, when symptoms do exist they may include urinary symptoms (poor urine flow, hesitancy passing urine, passing urine more frequently, dribbling, and urgency to pass urine), blood in urine, blood in semen, and back/bone pain

Be aware of your body and always get symptoms checked by a doctor.

If you have any concerns about cancer you can talk to one of our specialist nurses on the Cancer Focus NI free information and support NurseLine

**0800 783 3339**

Monday to Friday 9am - 1pm  
Calls are free from a landline  
[nurseline@cancerfocusni.org](mailto:nurseline@cancerfocusni.org)

**Cancer Focus Northern Ireland**  
40-44 Eglantine Avenue  
Belfast BT9 6DX

T: 028 9066 3281  
E: [wellaware@cancerfocusni.org](mailto:wellaware@cancerfocusni.org)  
[www.cancerfocusni.org](http://www.cancerfocusni.org)



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Take control of your health and be **wellaware**

Cancer Awareness for Men



Every year 6,500 men develop cancer in Northern Ireland. Approximately 2,000 of these cases are the less serious, non-malignant skin cancer. Remember that about half of all cancer can be prevented through a healthier lifestyle.

No matter what age you are you can start making lifestyle changes that can reduce your risk of cancer. In addition to this, most cancers are much more treatable if diagnosed early.

## The 3 most common cancers in men

### Lung

650 men develop lung cancer each year. Tobacco is the major cause of lung cancer. It's never too late to stop smoking.

### Bowel

680 men develop bowel cancer each year. If you are aged between 60 and 74 please use the bowel testing kit when it is sent to your home as part of the bowel screening programme.

### Prostate

Over 1,000 men develop prostate cancer each year. If you are experiencing symptoms (see 'body aware') speak to your doctor.

## Some simple tips

### Healthy weight

Keeping to a healthy weight is one of the most important things you can do to lower your risk of cancer.



### Healthy diet

- Eat at least 5 portions of fruit and vegetables every day - these can be fresh, frozen, canned, cooked or raw
- Eat more fibre - switch to brown bread, wholemeal pasta, brown rice rather than white
- High salt intake is linked to stomach cancer so aim for less than 6g per day
- Eat less red meat (beef, pork, lamb) and less processed meat such as sausages, bacon and ham
- Cut back on foods high in fat and sugar



### Exercise

Exercise lowers your risk of cancer and helps you to enjoy life. Try to keep active every day. Aim for at least 30 minutes every day. Even housework and gardening count as forms of exercise. Any amount of exercise is better than none at all.

### Care in the Sun

Even in Northern Ireland you can get skin cancer from the sun.

#### Follow this simple advice:

- Wear a T-shirt and hat
- Stay in the shade between 11am and 3pm
- Use sunscreen (SPF15+, 4 star rating+)
- Keep an eye on moles - if you notice any change in shape, colour, size or feeling, tell your doctor



### Alcohol

- If you drink alcohol of any type, limit your intake. Not drinking alcohol is better for cancer prevention.

### Smoking

The best thing you can do for your health is to stop smoking.

#### Top tips for stopping:

- Pick a quit day and stick to it
- Get support, one-to-one or group
- Use stop smoking aids e.g. gum, patches, tablets
- Make a list of the reasons why you should stop smoking
- Visit [www.want2stop.info](http://www.want2stop.info)

### Chemicals (Household & Workplace)

Always read and practice health and safety guidelines. Some chemicals may cause cancer if you breathe them in or get them on your skin.



## Get checked out

If you experience any of the symptoms listed in this leaflet, or if you have any health concern, make an appointment to see your doctor.

Having any of these symptoms doesn't mean you have cancer. There are lots of reasons for coughs, pains, lumps, etc. But they might be clues to cancer and the sooner treatment is started the more successful it is likely to be.

Before your appointment you might find it useful to use the space provided overleaf to write down how you are feeling. You can then bring this leaflet to your appointment to help you to take your time and remember everything you want to say.

If after a few weeks your symptoms have not improved then make another appointment with your doctor.



You can also phone our free Nurse Line

0800 783 3339  
for further help and advice