**Physical activity**

Being physically active can reduce the risk of bowel cancer. The more active you are, the more you can reduce the risk. Being more active doesn’t have to mean running a marathon or paying for the gym. Just 30 minutes of moderate activity a day, five days a week, can have 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.
- Stand more, sit less. Whether you’re on the train or at home watching TV.
- Get out of breath more often. Join the local 5-a-side or get on your bike.

**Infections**

Some sexually transmitted infections such as HPV (human papillomavirus) and hepatitis B virus can cause cancer, including mouth, penile and liver cancers. Using a condom can reduce your chances of getting or spreading these infections, so it’s a good idea to practise safer sex.

**Common cancers in men**

<table>
<thead>
<tr>
<th>Food pipe</th>
<th>Tobacco, alcohol, excess weight</th>
<th>✓ Fruit and veg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lung</td>
<td>Tobacco</td>
<td></td>
</tr>
<tr>
<td>Bowel</td>
<td>Tobacco, alcohol, excess weight, red and processed meat</td>
<td>✓ Physical activity, fibre, fruit and veg</td>
</tr>
<tr>
<td>Bladder</td>
<td>Tobacco</td>
<td></td>
</tr>
<tr>
<td>Prostate</td>
<td>No clear links with lifestyle</td>
<td></td>
</tr>
<tr>
<td>Testicular</td>
<td>No clear links with lifestyle</td>
<td></td>
</tr>
</tbody>
</table>

**Sun safety**

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. The most common place on a man for a melanoma to develop is on their chest or back. But melanomas can develop anywhere. If you notice any unusual or persistent change to your skin, get it checked out by your doctor.

We all need some sun in our lives, particularly for healthy bones. But it is important to enjoy the sun safely, and to take care not to burn. Whether you’re at home or abroad, use shade, clothing and at least SPF 15 sunscreen to protect your skin.

**Reducing cancer risk**

**What men can do**

- Physical activity
- Sun safety
- Infections
- Common cancers in men

Further information:

**About cancer**

For more about healthy choices that could reduce your cancer risk and the science behind our messages, visit [www.cancerresearchuk.org/health](http://www.cancerresearchuk.org/health)

For information about living with cancer visit [www.cancerhelp.org.uk](http://www.cancerhelp.org.uk)

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

**About Cancer Research UK**

Cancer Research UK is the world’s leading charity dedicated to research into the prevention, diagnosis and treatment of cancer. If you would like to support our work, please call 020 7121 6699 or visit our website [www.cancerresearchuk.org](http://www.cancerresearchuk.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: [www.bobbymoorefund.org](http://www.bobbymoorefund.org)

Ref: RTR300P. March 2012. Planned review date: July 2014. Registered charity in England and Wales (1089644) and Scotland (SC041666).
Did you know that UK men have a 16% 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. In this leaflet you can find out how to reduce the risk. Living healthily is not a cast iron guarantee, but it can stack the odds of avoiding cancer in your favour.

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 cancers of the prostate, lung, bowel and bladder.

Smoking doesn’t just increase your risk of lung cancer. It also increases the risk of at least 11 other cancers, including throat and bladder cancers. The good news is that many of these cancers are preventable by giving up smoking in time. It’s always worth quitting, no matter how long or how many you’ve smoked. If you are a smoker, giving up is the best thing you can do to improve your health.

Did you know?
• Smoking is by far the most important preventable cause of cancer.
• Smoking a pack of 20 cigarettes a day for 20 years could cost you around £40,000.
• Roll-ups are no safer than manufactured cigarettes. They also contain many cancer-causing chemicals.

Drinking too much alcohol increases the risk of seven different types 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. Smoking and drinking heavily in combination increases the risk of some cancers up to 80 times.

Drinking small amounts of alcohol, such as one or two units a day, may reduce the risk of heart disease in men over 40. But drinking more than this increases the risk of both heart disease and cancer.

You limit your cancer risk if you drink no more than two small drinks (3–4 units) a day. But the more you cut down on alcohol, the more you reduce the risk of cancer. If you drink alcohol, try having some alcohol-free days.

How many units are there in some common drinks?

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

Since the late 1970s lung cancer rates in men have fallen by more than 45%. This reflects the drop in smoking rates in men after World War II.

Food

What you eat can affect your risk of cancers of the bowel, food pipe, stomach, and mouth. Because our diets are made up of so many different foods and nutrients, the link between diet and cancer is complex. 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, saturated fat or red and processed meat.

Some tips to get you started:
• Choose fish or chicken rather than processed meats like ham, bacon or sausages whenever you can.
• Try wholegrain options of bread, pasta and cereals.
• Go for low-fat options like semi-skimmed milk.
• Don’t forget to check food labels.
• Taste food before adding salt.

Many types of cancer, including cancers of the bowel and food pipe, are more common in people who are overweight or have a large waist size. And where fat is stored on your body also affects your health. Belly fat isn’t just sitting there doing nothing but hanging over your jeans. It is constantly pumping around chemicals that can increase the risk of cancer and other diseases. Being more active, cutting back on alcohol and eating healthily will all help to keep your weight in check.