



Men, reduce your cancer risk and get your tests to find cancer early.



Take control of your health and get regular cancer screening tests:

- **Colorectal cancer:** Beginning at age 50, talk to your doctor about the testing option that is best for you and have regular testing.
- **Skin cancer:** Have a skin exam during your regular health check-ups.
- **Prostate cancer:**
 - ◆ Beginning at age 50, talk with your doctor about the benefits and harms of prostate cancer testing, then decide if testing is right for you.
 - ◆ If you are African American or have a close relative who had prostate cancer before age 65, have this talk with your doctor beginning at age 45.

Reducing your risk for cancer and getting regular cancer screening tests to find cancer early give you the best chances for staying well and living a long life.

Take control of your health and reduce your cancer risk by making healthy lifestyle choices:

- Stay away from tobacco.
- Stay at a healthy weight.
- Get moving with regular physical activity.
- Eat healthy with plenty of fruits and vegetables.
- Limit yourself to no more than 2 alcoholic drinks a day.
- Protect your skin from the sun.
- Know yourself, your family history, and your risks.
- Have regular check-ups and cancer screening tests.

Visit cancer.org or call **1-800-227-2345** to learn more about reducing your risk of cancer.



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