

Body Awareness

Signs and symptoms to look for:

- Unexplained weight loss or tiredness
- Difficulty in swallowing
- Increasingly out of breath
- A cough or croaky voice that lasts longer than 3 weeks
- Unexplained persistent pain or ache
- A change in the size, shape or colour of a mole
- Unusual lump or swelling anywhere
- A change to bowel motions that lasts longer than 6 weeks
- Blood in your bowel motions
- Blood in your urine
- Change in urinary habits
- Testicular cancer is the most common cancer found in men between the ages of 15-45, so you should examine your testicles for a small hard lump or any changes
- Any changes within the breast/chest area.

The symptoms outlined in this leaflet are often caused by something less serious and doesn't usually mean it's cancer. However, finding cancer early makes it more treatable and a trip to your doctor could save your life. If in doubt, get it checked out. If it's not serious, your mind will be put at rest. You certainly won't be wasting anyone's time.

If you have any concerns about cancer you can talk to one of our experienced nurses on the Cancer Focus NI **FREE** information and support Nurseline

0800 783 3339

Monday to Friday 9am - 1pm.
Calls are **free** and **confidential** from a landline.
nurseline@cancerfocusni.org



Cancer Focus Northern Ireland
6th Floor, Montgomery House
29-33 Montgomery Street
Belfast BT1 4NX

T: 028 9066 3281
E: behealthy@cancerfocusni.org
www.cancerfocusni.org



Charity No: NIC 101307



Focus on Men's Health



Every year over 7,000 men are diagnosed with cancer in Northern Ireland. Approximately 2,300 of these are the less serious non malignant skin cancers. But remember, almost half of all cancers can be prevented through a healthier lifestyle.

The 3 most common cancers in men:

Prostate

Over 1,300 men are diagnosed each year. Prostate cancer usually affects men over 40. It is often a slow growing cancer.

Bowel

Approximately 700 men are diagnosed 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.

Lung

On average over 700 men are diagnosed with lung cancer each year. Tobacco is the major cause - linked to an estimated 86% of lung cancers.



Some simple tips include:

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 five 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 under 6g per day
- Eat less red meat (beef, pork, lamb) and avoid processed meats such as sausages, bacon and salami
- Cut back on foods high in fat and sugar

Physical Activity

Exercise helps you maintain a healthy weight. Aim for at least 150 minutes of moderate intensity physical activity weekly (e.g. walking, gardening, golf) or 75 minutes of vigorous physical activity weekly (sport, running, circuits). For cancer prevention, the more physical activity you do the better. But any amount is better than none at all.

Care in the Sun

Even in Northern Ireland you can get skin cancer from the sun, especially if you play sports or work outside. Follow this simple advice:

- Wear a T-shirt and hat
- Stay in the shade from 11am-3pm
- Use SPF30+ sunscreen and UVA 4 or 5 star
- Keep an eye on moles. If you notice any change in colour, shape or size, tell your doctor
- Avoid sun beds.

www.careinthesun.org

Alcohol

If you drink alcohol of any type, limit your intake. Not drinking alcohol is better for cancer prevention. Drinking alcohol can increase the risk of at least seven types of cancer, including those of the mouth, gullet, throat, liver, bowel and breast.

Smoking

The best thing you can do for your health is stop smoking. Top tips for stopping:

- Get free professional stop smoking support
- Pick a quit date and stick to it
- Use stop smoking aids e.g. gum, patches, tablets
- Make a list of all the reasons why you want / need to stop smoking
- Avoid second hand smoke

For stop smoking help go to www.stopsmokingni.info

Chemicals

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