



It's true:
**Men, you can
reduce your
cancer risk.**



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

Stay away from all forms of tobacco.

Stay at a healthy weight.

Get moving with regular physical activity.

Eat healthy with plenty of fruits and vegetables.

Protect your skin from the sun.

Limit yourself to no more than 2 alcoholic drinks a day, if you drink at all.

Know yourself, your family history, and your risks.

Have regular check-ups and cancer screening tests.

Talk to your doctor to know what's right for you.

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