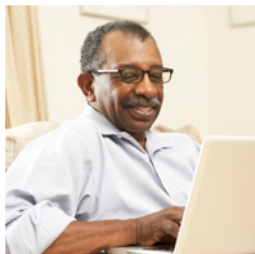




Men, reduce your cancer risk and get your tests to find cancer early.



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

- **Colorectal cancer:** Starting at age 50, talk to a health care provider about the testing option that's best for you, and get regular testing.
- **Prostate cancer:**
 - ◆ Starting at age 50, talk with a health care provider 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 a provider starting at age 45.
- **Lung cancer:** If you are between 55 and 74 years of age, are in fairly good health, have smoked for many years AND still smoke OR have quit within the past 15 years, talk to a health care provider about whether you should be tested for lung cancer.

Reducing your risk for cancer and getting regular cancer screening tests to find cancer early, when it's small and hasn't spread, give you the best chance 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 all forms of 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, if you drink at all.
- 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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