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.

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