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Men
Over
45

Helping mob live healthy and prevent cancer



There are many ways to reduce the risk of cancer and detect it early. As a man over 45, here are some small steps to take that make a big difference.

Do the free bowel cancer screening test every 2 years once you turn 45. **Check with your health worker when your next test is due.**

Call 1800 627 701



Regularly eating vegetables, fruit, wholegrain cereals, wholemeal foods, and legumes and beans can lower your risk of more than 10 types of cancer.

Cancer can develop with symptoms, and it is **important to talk to a health worker if you notice any changes.** Examples of symptoms are having a cough, pain, or a lump.



Prostate cancer is more common in men over 50. It's important to yarn to your doctor about your risk and be on the lookout for symptoms (such as problems or pain when having a pee or blood in the pee). Hepatitis B and C are viruses that can

be treated. If left untreated, they can lead to cancer. It's important to find them early to reduce the risk of developing cancer. **Talk to a health worker about testing and vaccination.**



Every alcoholic drink increases the risk of getting alcohol-related cancer. **If you are trying to cut down work towards drinking less than 10 standard drinks over a week.**



Get support to quit smoking. Aboriginal male and female counsellors are available at Quitline.

Call 13 78 48



Moving your body every day can reduce your cancer risk and build a healthier life. **It's ok to start small and build up to more activity.**



Stay sun safe. **Protect yourself from UV by wearing protective clothing, wearing a hat, applying sunscreen, staying in the shade and wearing sunglasses.**

