

## ♂☐ Healthy Habits = Lower Risk

- 🚭 Quit smoking
- 🍎 Eat a balanced diet rich in fruits & vegetables
- 🏃♂️☐ Exercise regularly
- 🍷 Limit alcohol
- 🧴 Use sunscreen and avoid tanning beds

## 🚨 Warning Signs to Watch For

- Unexplained weight loss
- Persistent fatigue
- Changes in bowel or bladder habits
- Lumps, swelling, or pain
- Chronic cough or hoarseness

## 🧠 Mental Health Matters Too

- Cancer risk and diagnosis can affect emotional well-being.
- Seek support through counseling, peer groups, or trusted friends.

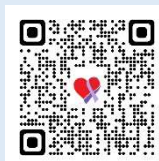
## Prevention & Early Detection ✔ Screenings Saves Lives

Cancer Type	Recommended Screening Age	Frequency
Prostate	50 (or 45 if high risk)	Every 1–2 years
Colorectal	45+	Every 10 years
Skin	All ages	Annually
Testicular	15–35	Monthly self-exam

## 📞 Take Action Today

- Schedule your annual checkup.
- Ask your doctor about cancer screenings.
- **Encourage the men in your life to do the same.**

Cancer Association of Louisiana (CALA)  
201 Evans Road Suite 319  
New Orleans, LA 70123  
504-733-5539  
[www.calacares.org](http://www.calacares.org)



# MEN'S HEALTH



A GUIDE TO WELLNESS

## 🎯 Why Men's Cancer Awareness Matters

Brought to you by:

CELEBRATING 65 YEARS



CALA is also a part of the Combined Federal Campaign # 27511 and the Louisiana State Combined Charitable Campaign (LA SCCC) #1098

A United Way Partner Agency Men face unique cancer risks. Early



## Most Common Cancers in Men:

- **Prostate Cancer** – #1 most diagnosed cancer in men.
- **Lung Cancer** – Leading cause of cancer death.
- **Colorectal Cancer** – Often preventable with screening.
- **Skin Cancer** – High risk due to sun exposure.
- **Testicular Cancer** – Most common in younger men (ages 15–35).

Research shows that certain risk factors increase the chance that a person will develop cancer.

## The Major Preventable Causes of Cancer are:

Tobacco use, obesity, lack of physical activity, alcohol consumption, exposure to ultraviolet light from the sun or tanning devices, and failure to use or comply with interventions that treat or prevent infection with cancer-associated pathogens, such as cancer-causing strains of human papillomavirus.

When thinking about your risk of getting cancer, keep in mind that detection and lifestyle changes can save lives.

## Not Everything Causes Cancer!

- Cancer is not caused by an injury, such as a bump or bruise.
- Cancer is not contagious. Although being infected with certain viruses or bacteria may increase the risk of some types of cancer, no one can “catch” cancer from another person.
- Having one or more risk factors does not mean that you will get cancer. Most people who have risk factors never develop cancer.
- Certain chemicals and other substances
- Some viruses and bacteria
- Over time, several factors may act together to cause normal cells to become cancerous.

## Risk Factors & Family History

The most common risk factors for cancer are:

- Growing older 55% of cancer diagnosis occurs after the age of 65
- Tobacco
- Sunlight
- Poor diet, lack of physical activity, or being overweight
- Certain hormone
- Ionizing radiation
- Alcohol
- Family history of cancer Age, genetics, and lifestyle all play a role.
- Share your family’s cancer history with your doctor.
- Consider genetic counseling if multiple relatives have had cancer.

Over time, several factors may act together to cause normal cells to become cancerous.

For more information check out <https://www.cancer.gov/>  
<http://www.cdc.gov/>