

# Tips for a Healthy Lifestyle for Men

## Cancer

- Lung and prostate cancers are the two leading causes of cancer death in men, with approximately 90% of all lung cancer cases caused by smoking.
- Cessation of smoking at any stage in life can greatly help to lower your risks for developing lung cancer.
- Luckily, there are dietary measures that help lower the chances of developing prostate cancer, such as: eating more fruits & vegetables and making sure not to eat excessive calories or fat.
- Eating excessive calories and fat, particularly from fatty meals and other foods derived from animal sources, may actually increase your risk of developing prostate cancer.



Regular consumption of the following foods may help to lower your risk of developing prostate cancer:

- **Soy products** contain isoflavones, which are plant-based compounds. These isoflavones appear to stimulate the body's binding cells (globulins) which keep the sex hormone, testosterone, in check.
- **Tomatoes and tomato products** contain lycopene, which is an antioxidant responsible for giving tomatoes their red color. Antioxidants are substances which protect the cells from damaging effects of molecules such as free radicals.
- **Garlic** is a member of the same family as onions, leeks, and scallions. The sulfur compounds in garlic appear to help to reduce your risk by enhancing immune function and combating tumor growth.

## Screening Tests

What you need and when you need them

Cholesterol Checks	At least every 5 yrs, starting at age 35.
Blood Pressure	At least every 2 yrs
Colorectal Cancer Tests	Starting at age 50, begin regular screenings.
Diabetes Tests	If you have high blood pressure or cholesterol.
Depression	If symptoms have existed for 2 or more weeks straight.
Sexually Transmitted Diseases	Talk to your doctor to decide if you should be screened for an STD.
Prostate Cancer Screening	Speak with your doctor.

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- Don't smoke
- Eat a healthy diet
- Be physically active
- Stay at a healthy weight
- Drink alcohol only in moderation
- Manage stress