



Men's Health Month

Every year, cancer claims the lives of nearly 300,000 men in America. Men can reduce their risk for several of the most common types of cancer.

Lifestyle Changes:

Tobacco Use and Secondhand Smoke

More men in the U.S. die from lung cancer than any other kind of cancer, and cigarette smoking causes most cases. Smoking also causes cancers of the esophagus, larynx (voice box), mouth, throat, kidney, bladder, pancreas, stomach, and acute myeloid leukemia. Nonsmokers who are exposed to secondhand smoke at home or work increase their lung cancer risk by 20%–30%. Concentrations of many cancer-causing and toxic chemicals are higher in secondhand smoke than in the smoke inhaled by smokers.

Obesity, Overweight, and Lack of Physical Activity

For more than 30 years, excess weight, lack of physical activity, and an unhealthy diet have been considered second only to tobacco use as preventable causes of disease and death in the U.S. Since the 1960s, tobacco use has decreased by a third while obesity rates have doubled.

In men, the following cancers are associated with being overweight: colorectal cancer, esophageal adenocarcinoma (a type of cancer of the tube that connects your throat to your stomach), and cancer of the kidney and pancreas.

Several of these cancers also are associated with not getting enough physical activity. Adopting a lifestyle that includes healthy eating and regular physical activity can help prevent these cancers.

Sun Safety

Skin cancer is the most common cancer in the U.S. The two most common kinds of skin cancer—basal cell and squamous cell carcinomas—are highly curable. But melanoma, the third most common skin cancer, is more dangerous. About 65%–90% of melanomas are caused by exposure to ultraviolet (UV) light—an invisible kind of radiation that comes from the sun, tanning beds, and sunlamps. Overall, men have higher rates of melanoma. But among young people, women get it more. A few serious sunburns can increase your risk of skin cancer. To protect your skin from the sun, seek shade or go indoors during midday hours; wear long sleeves and long pants, a hat with a wide brim, and sunglasses; use sunscreen; and avoid indoor tanning.

Types of Cancer:

Prostate Cancer

Prostate cancer is the second most common cause of cancer death in men. All men are at risk for prostate cancer, but older men, African-American men, and men with a family history of prostate cancer have a higher risk.

Colorectal (Colon) Cancer

The third leading cause of cancer deaths in American men is colorectal cancer. Screening tests for colorectal cancer can find precancerous polyps so they can be removed before they turn into cancer. Screening tests also can find colorectal cancer early, when treatment works best. Everyone should be tested for colorectal cancer regularly starting at age 50.

A man's cancer risk can be reduced by receiving regular medical care, avoiding tobacco, limiting alcohol use, avoiding excessive exposure to ultraviolet rays from the sun and tanning beds, eating a diet rich in fruits and vegetables, maintaining a healthy weight, and being physically active.

By: Center for Disease Control and Prevention

Recipe of the Month

Chicken Sliders

Serves 4

Ingredients:

- 10 oz. chicken breast, ground
- 1 tbsp black pepper
- 1 tbsp minced garlic
- 1 tbsp balsamic vinegar
- ½ cup minced onion
- 1 fresh chili pepper, minced
- 1 tbsp fennel seed, crushed
- 4 whole wheat mini buns
- 4 lettuce leaves
- 4 tomato slices



Directions:

Mix first 7 items together and let set for 1 hour. Form into 2-ounce patties. Grill or broil in oven until a minimum internal temperature of 165 F is reached. Serve on small whole-wheat buns with lettuce and tomato.

Nutritional Information:

Calories 195, Total Fat 3g, Cholesterol 41mg, Total Carbs 22g, Dietary fiber 4g, Protein 20g