

# Men's Health: Cancer Prevention and Detection

**Cancer is most treatable when detected early.**

In fact, many cancers have a nearly **100 percent survival rate** if found in early stages, such as testicular, prostate, and male breast cancers. **Prevention and screenings lead to more positive outcomes.**



## HPV

About **half of men** carry the **HPV infection**, which can increase risk for anal, penile, and head and neck cancers.



## Skin Cancer

Many cases of skin cancer are easily preventable by **limiting exposure to the sun's harmful rays** and avoiding indoor tanning.



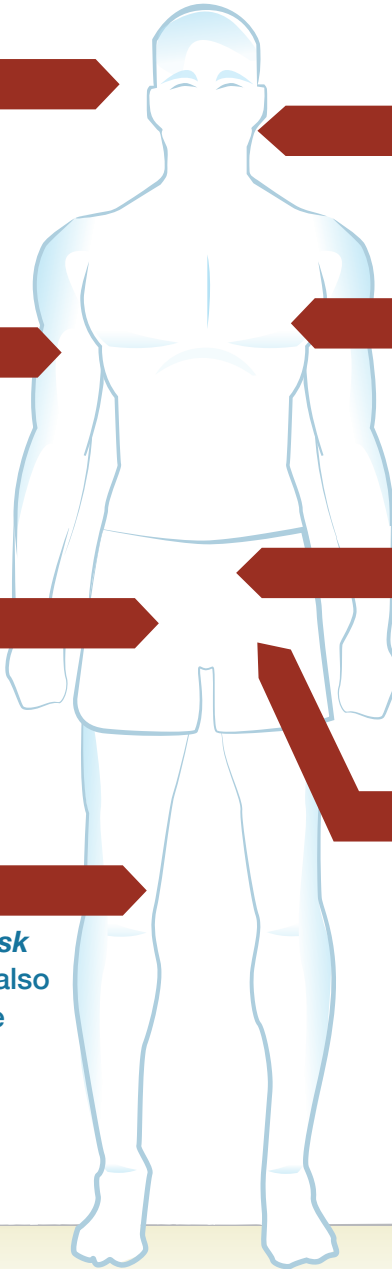
## Testicular Cancer

Most cases of testicular cancer are initially identified by the patient, making **self-observation critical** to early detection.



## Physical Activity

**Being active helps reduce cancer risk** by helping manage weight, and can also help improve hormone levels and the immune system.



## Nutrition

Eating fruits and vegetables can **bolster cancer defenses** and reduce risk.



## Lung Cancer

**Avoiding cigarettes** is the best way to prevent lung cancer. Nearly 87 percent of lung cancer deaths are related to tobacco use.



## Prostate Cancer

Beginning at 50, men should undergo **regular prostate cancer screenings** to detect prostate cancer in more treatable stages.



## Colon Cancer

An estimated 60 percent of colorectal cancer deaths could be prevented if everyone over the age of **50 were screened regularly.**



**Men & Cancer**

**57,299**

Number of men in Texas expected to **face a cancer diagnosis** in 2011.

**20,927**

Number of men in Texas expected to **die of cancer** in 2011.

\*Texas Cancer Registry