

Men United against Cancer

ARE WE WINNING?

YES WE ARE

5 YEAR SURVIVAL RATE
FOR CANCER IN MEN
HAS INCREASED



PROSTATE AND TESTICULAR
CANCER SURVIVAL RATES: 9/10



4/5 MALES ARE
NON-SMOKERS

Offensive
Tactics

GO FOR
GOAL EARLY,
SPOT CANCER
EARLY

Defensive
Tactics

TAKE
CARE IN
THE SUN

BE
ACTIVE

EAT A
HEALTHY
DIET

AVOID
POLLUTANTS

BE A
HEALTHY
WEIGHT

LIMIT
ALCOHOL
INTAKE

DON'T
SMOKE



Irish Cancer Society