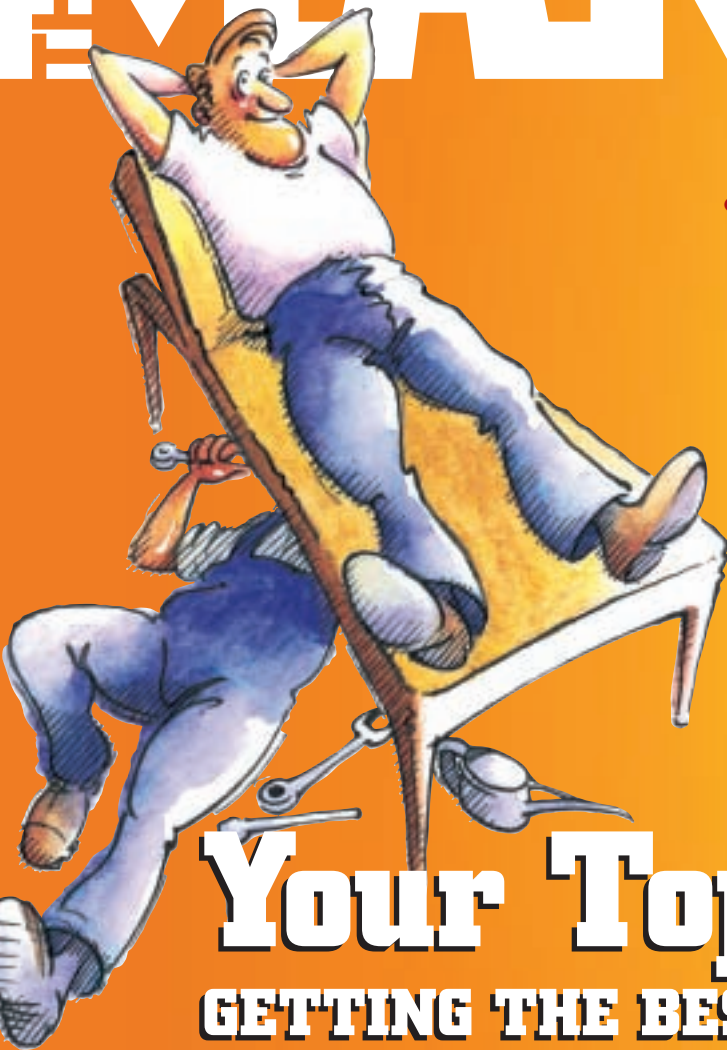


# THE MANUAL



**FOR MEN ON:**

- **REDUCING YOUR RISK OF CANCER**
- **KNOWING THE EARLY WARNING SIGNS TO WATCH OUT FOR**
- **DETECTING CANCER EARLY**

**Power for  
Powerful Men**

**IT'S TIME FOR  
YOUR NCT**

**Your Top Mechanic**  
**GETTING THE BEST FROM YOUR GP VISIT**

Picking up symptoms of cancer early and getting treatment can lead to better survival rates. The good news is that it is possible to reduce your risk of cancer by as much as 50 per cent by living a healthy lifestyle

- |           |   |           |   |
|-----------|---|-----------|---|
| <b>03</b> | <b>Man and His Machine</b><br>An introduction...                                | <b>20</b> | <b>Dodgy Air Filters</b><br>What you need to know about Lung Cancer                       |
| <b>04</b> | <b>Mister Myths</b>   | <b>22</b> | <b>Ball Bearings and Shot Suspension</b><br>What you need to know about Testicular Cancer |
| <b>06</b> | <b>What are the Odds?</b><br>Your risks explained                               | <b>24</b> | <b>Bodywork</b><br>What you need to know about Skin Cancer                                |
| <b>07</b> | <b>Power for Powerful Men</b><br>Reducing your risk of cancer                   | <b>26</b> | <b>Your Top Mechanic</b><br>Getting the best from your GP visit                           |
| <b>14</b> | <b>Go for your NCT</b><br>Detecting cancer early                                | <b>28</b> | <b>Glossary of Common Terms</b>   |
| <b>16</b> | <b>Faulty Fuel Injector</b><br>What you need to know about Prostate Cancer      | <b>28</b> | <b>European Code Against Cancer</b>   |
| <b>18</b> | <b>Poor Combustion and Backfire</b><br>What you need to know about Bowel Cancer | <b>29</b> | <b>User Manual Backup Support</b><br>Sources of information                               |

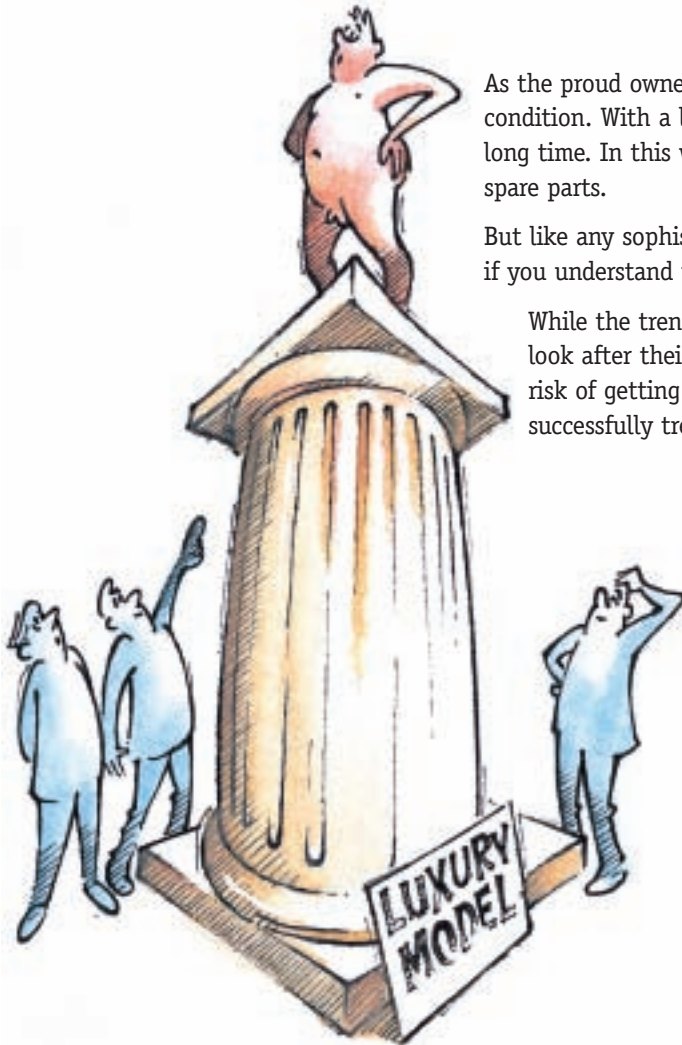
In revising the Men's Manual the Irish Cancer Society recognises the challenges facing the men of Ireland. Research tells us that an Irish man's life expectancy is almost five years lower than that of an Irish woman. We invite you to look at the recommendations in this booklet and to make the lifestyle changes which are recommended. In this way our hope is that you will go on to enjoy a long and healthy life.

A number of you have already taken up the challenge. Keep it going. For the rest of you – get reading and remember take it one step at a time. Habits tend to build up over time; it can also take time to make new ones. But we promise you it will be worth the effort.

The Irish Cancer Society is the national charity for cancer care. It is funded almost entirely by donations from the public. The Mission of the Irish Cancer Society is to play a vital role in achieving world-class cancer services in Ireland, to ensure fewer people get cancer and those that do have better outcomes. Our goals are focused around prevention, survival and quality of life with three programme areas to achieve them; advocacy, cancer services and research.

# Man and His Machine

## An introduction...



As the proud owner of the latest model you'll be keen to keep it in top condition. With a little care your high performance machine will last you a long time. In this way you can cut down on the need for maintenance and spare parts.

But like any sophisticated piece of high technology, your body will work best if you understand the basics of what is going on under the bonnet.

While the trend is changing, for many years men have been more likely to look after their cars than their own bodies. However, you can reduce your risk of getting many illnesses and with early diagnosis many can be successfully treated. Cancer is a good example of this.

This manual has been produced to:

- Arm you with the information you need to keep your body humming like a finely tuned engine. In this way you can reduce your risk, and where possible, prevent cancer.
- Give you the tools to help you notice early warning signs that need to be checked by your doctor. Early treatment can help prevent little problems become big problems.

By following its guidelines you can be more than just a bog standard model. You can be more, much more. You can be a highly tuned modern man with a good chance of reaching retirement age as a highly prized vintage model in A1 condition. All of this, having lived a good quality life, looking and feeling well and surrounded by the ones you love. What a reward...

# MISTER?

**Remember the old myth that cars can run on water? Then they found out engines actually do work better in the rain because damp air makes the fuel burn more efficiently.**

Well, cancer has its own myths and old wives tales. It turns out that some of these myths are partly true, but others are definitely false...

? **You can catch cancer from other people:**  
*False. Cancer can not be passed from person to person.*

? **Pesticides cause cancer:**

- *The small amount of pesticides found on fruit and vegetables does not increase your cancer risk. However you are best to rinse before eating.*
- *There are links between pesticides used in industry and some cancers. So if you work with these chemicals follow the guidelines and wear protective gear.*

? **Mobile phones cause brain tumours:**  
*Not proven, but more research is being done into the area.*



# MYTHS



? **Masturbation causes testicular or prostate cancer:**  
*Definitely false!*

? **Tight underpants cause testicular cancer:**  
*False and yet false-to.*

? **How you cook your food won't increase your risk for cancer:**  
*False. Cooking food at very high temperatures including burnt meat cooked on a barbecue can increase your cancer risk. Choose baking, boiling, steaming or stir frying as healthy cooking options.*

? **Men don't get breast cancer:**  
*Sadly untrue, but it is quite rare.*

? **Women have prostates but they don't cause as much trouble:**  
*A survey found that over 50% of men believe women have prostates. But it's false. Which is great news, otherwise more people might have to get up in the middle of the night for a pee!*

# What are the Odds?

## Your risk of getting cancer

It is not always easy to avoid some of the risks to your health. But there are some very high risks that you can partly or totally avoid.

Tobacco smoking is a good example:

- **The risk to your health is much greater if you smoke yourself – which you can completely avoid. The fact is 30% of all cancers are caused by smoking.**
- **There is also a real risk from breathing in other people's smoke, known as second-hand smoke. But you can often avoid second-hand smoking.**

There are many ways that you can avoid risks to your health – either partly or totally. To reduce your risk of cancer **The Big 5** are the most important points to remember:



## The Big 5

1. Don't smoke
2. Eat a healthy diet
3. Be physically active
4. Be a healthy weight
5. Take care in the sun

You can reduce your risk further by:

- **Having regular checkups with your GP**
- **Being aware of early signs of cancer**

# POWERFUL

## FOR POWERFUL MEN

Reducing your risk of cancer

### SMOKING IT...

#### Even filters won't stop this one

Smoke should leave a finely tuned engine not enter it. Tobacco kills six million people in the world each year. That's like the population of the island of Ireland being wiped out every year.

Low tar products or filters only con you and cigars are not a safe option. The simple fact of the matter is that smoking kills, be it from cancer, heart disease or a number of other diseases.

Not a lot of men know this, but smoking is also one of the causes of erectile dysfunction. Erectile dysfunction is one type of impotence. Perhaps that's why the film stars tend to smoke after the steamy love scene rather than before!

If you smoke, quitting is the most important step you can take to reduce your risk of cancer, and not just lung cancer. So, what about setting a date to quit? Check page 18 for tips on quitting.



### HOW MUCH?

*If you smoke 20 cigarettes a day, you will save over €3,000 a year by quitting*

*In 5 years you could buy a half-decent car and in ten years a nice sports model*

# EATING IT...

## Fuel Foods

Make sure your diet is full of fruit, vegetables, wholegrain foods and pulses.

**Wholegrain foods** include brown bread, rice and pasta.

**Pulses** include peas, beans and lentils.

These foods help keep energy flowing without piling on the weight. And as they are lower in calories and high in fibre, they can also protect you against cancer.

The great thing is they also make you feel as though you have a full tank so you're less hungry.

## CARBS FOR YOUR ENGINE

*Carbohydrates are the power fuel. They include bread, cereals and potatoes. You put your foot down and feel the push*

*Fats are more suited to tractors. Great for slow heavy machinery*

*So remember, fruit, vegetables and high fibre for maximum speed and energy*

## Each day aim to eat:

- 5 or more portions of fruit and vegetables
- 6 or more portions of high fibre foods such as brown bread, porridge, brown rice and pasta

## Meat and potatoes anyone?

Not a vegetarian? No problem. You don't need to miss out on the meat option. Lean red meat is rich in nutrients like protein and iron. But when you eat large amounts it can increase your risk of certain cancers, such as bowel cancer. Choose a portion about the size of a deck of cards and you will come up trumps.

Eating processed meats such as sausages, rashers and hot dogs can increase your risk of cancer even more. Why not have eggs for breakfast and chicken, turkey or fish for lunch some days of the week. You could even try a meat-free day!



## IF YOU FANCY MEAT...

*What's important is the mix of food on your plate. The ideal mix is one-third or less of meat, chicken or fish and two-thirds of vegetables and pasta or rice*

## Food 'On the Run'

A stressful life often means having to eat on your feet. Not all of us have the luxury of sit down meals during the day. But this doesn't mean the upright meal has to be downright dangerous. You can choose healthy foods that reduce your cancer risks.

The supermarket or restaurant salad bars can be a green light for the man on the move. Gone are the days of boring dry leaves. The modern salad is crunchy, calorie light and currency easy.

A tasty healthy evening meal doesn't have to be hard work either. Using a wok, throw in thinly sliced vegetables, some lean meat or fish and a light coating of olive oil. Serve with rice and a low fat sauce of your choice. Follow this with fresh fruit and yoghurt. Hey presto – you have a tasty healthy meal that didn't cost the earth.



## TO HELP YOU MAKE HEALTHY FOOD CHOICES CHECK FOOD LABELS FOR FAT, SALT AND SUGAR CONTENT (PER 100G OF FOOD)

	THIS IS A LOT	THIS IS A LITTLE
Fats	20g or more	3g or less
Saturates	5g or more	1g or less
Sodium	0.5g or more	0.1g or less
Salt	1.3g or more	0.3g or less
Sugars	10g or more	2g or less

ref: [www.safefood.eu](http://www.safefood.eu)

## THINGS TO WATCH OUT FOR IN YOUR DIET

### TAKE AWAY FOODS

*Also things like sausage rolls, pastries, cakes and ready-made meals are best avoided. They often have high levels of fat in them*

### SALT

*People in Ireland tend to eat a lot more salt than we need. Cutting down can reduce your risk of cancer and other diseases. Try adding less to your food during cooking and at the table. Use things like black pepper, herbs, lemon juice, garlic or spices to flavour your food instead*

### HIDDEN SUGAR AND SALT IN PROCESSED FOODS

*The food may not taste sweet or salty but it doesn't mean they aren't packed with them*

### DIETARY SUPPLEMENTS

*are not a replacement for a healthy balanced diet*

# BURNING IT...

Skin cancer is the most common cancer in Ireland. What is a worry is that the number of new cases diagnosed every year is on the increase. Almost all cases are caused by Ultraviolet Rays (UVR) from the sun or sunbeds and can be prevented.

## PROTECT YOUR BODYWORK BY FOLLOWING THE SUNSMART CODE

- Cover up, always, whether at work, play or on holidays.



- Get a hat, a big hat, to cover ears, nose and neck.



- Look for shade from 11am to 3pm, whether working or relaxing.



- Use sunscreen with SPF 15 or higher and UVA protection. Look for the UVA symbol on the bottle (the letters UVA in a circular shape). Slop loads on 20 minutes before you head out in the sun. Reapply it every 2 hours and more often if you have been swimming, sweating or towel drying.



- Get shades on to protect your (next) best asset – your eyes. Check the label to make sure they give 100% protection against harmful UVR.



## SUN SMART

Every man needs to be SunSmart. But be extra careful whether at home or abroad if you have:

- *Pale or freckled skin that burns easily or tans poorly*
- *Red or fair hair and blue, green or grey eyes*
- *A lot of moles or unusual moles*
- *A history of sunburn or skin cancer*
- *Someone in your family has or had skin cancer.*



## DRINKING IT...

### High-octane fuel: low performance

Nothing's sadder than a foot hard down on the pedal and nothing happens.

The great myth is that alcohol improves performance. Not so.

Alcohol is high in gut-adding calories, and is linked to cancer, liver conditions, high blood pressure and of course, failing to rise to the occasion.

*But who said anything about giving up?*

Instead, switch to soft drinks, non alcoholic beers or shandies as the evening goes on. Or have a few glasses of water in between to help keep you in top gear for the whole night.

You might be in the right condition to see that your mates are doing exactly the same thing for the same reason.



## HOW MUCH?

*Aim for no more than  
2 standard drinks  
per day, with some  
alcohol-free days.*

*(1 standard drink = 1/2 pint  
beer; a small glass of wine;  
1 pub measure of spirits.)*

## BE ACTIVE!

**BE PHYSICALLY ACTIVE  
FOR AT LEAST  
30 MINUTES EACH DAY**

*Anything that makes you  
breathe a little deeper and  
your heart beat a little  
faster is ideal. A good  
example is a brisk walk.*

**You can spread the  
activity out over one or  
more sessions in the day.**

*This will help you avoid  
getting a spare tyre and  
keep the engine  
ticking over.*

## MOVING IT...

### Leaves you breathless

Getting fit doesn't mean you have to spend your time in a room full of machines last seen in the Chamber of Horrors. Charity shops are full of fitness equipment bought by well meaning men (or their partners).

Sport is a great way of keeping fit. But most of us think we need to be sportier than we really need to be to stay healthy.

30 minutes of physical activity each day is what's needed to help reduce your risk of a number of cancers. If you are already active for 30 minutes a day you could step up the effort.

But any activity is of some benefit, whether at work, leisure or a sport. So try walking past your regular bus stop to the next one or get off one stop early. Use the stairs instead of the lift; walk up the escalators instead of staring at the adverts. What about trying some Hoovering or gardening! Small things like these will make activity with your mates or kids that much easier and less embarrassing.

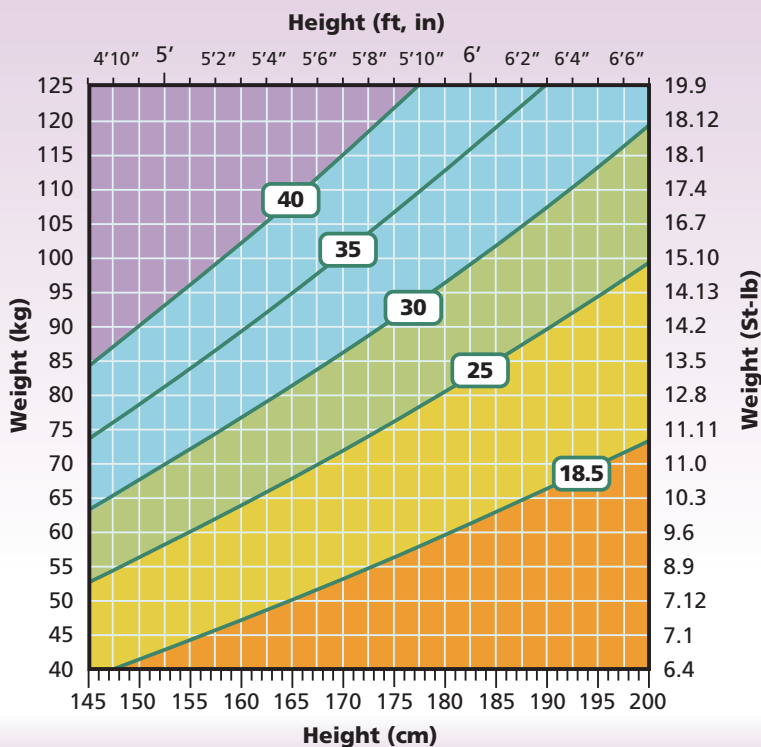
# WEIGHING IT...

## Fat but fit?

We guys eat too much fat. You can be fit and fat but the extra fat still causes you problems. It increases your risk of cancer and other diseases such as high blood pressure and heart disease. Extra fat stored around your waist puts you at an even greater risk of cancer.

So, are you a healthy weight? There are two ways you can check this out. Measure your Body Mass Index (BMI) or your waist.

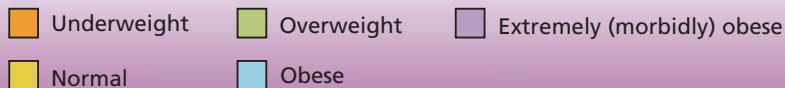
## Body Mass Index (BMI)



Draw a line across from your weight and up or down from your height. Where these two lines cross is your BMI. To reduce your cancer risk aim to be at the lower end of the normal BMI range.

If you are underweight or overweight, it is important to see your doctor. A medical check-up and advice on diet and lifestyle may be needed.

Remember, BMI is not always an accurate measure if you are an athlete or very short in height.



## WHAT DOES YOUR BMI MEASUREMENT MEAN?

**Less than 18.5**

*You are underweight, which can lead to some health problems*

**18.5-24.9**

*You are a healthy normal weight and at lower risk of cancer*

**25-29.9**

*You are overweight, which increases your cancer risk*

**Greater than 30**

*You are obese and your risk of cancer is even greater*



## Waist measurement

Scary but true, if your waist measurement is over 37 inches or 94cm you are at increased risk of cancer.

**If you are overweight check out our booklet - Reducing Your Risk of Cancer:**

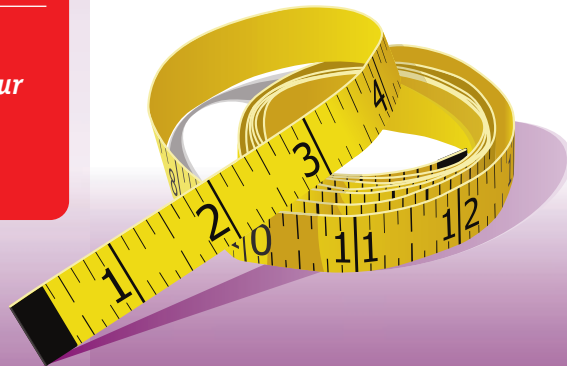
Eat a Healthy Diet, Be Physically Active and Be a Healthy Weight. It will give you further tips to help you tackle the problem.

## TO MEASURE YOUR WAISTLINE

*Find the top of your hip bone*

**At this point, measure around your waist. Make sure the tape measure is snug but not marking your skin**

*Take the measurement at the end of your normal breath*





**STOP**

Only an eejit keeps driving when the dashboard lights up like a Christmas tree! Ignoring the body's early warning signs is an equally bad idea. It could mean an early trip to the garage for some vital spare parts.

# Go for your NCT

## AND DETECT CANCER EARLY

*Some regular DIY checks:*

### 1 GO FOR YOUR NCT

The NCT keeps you safely on the road and can pick up faults before they become dangerous. Having regular check-ups with your GP can work in the same way. Medical issues you may have, that could become a problem, can be picked up. Some GPs offer basic screening services. It's a good time to talk about any worries you might have and check out your risks.



### 2 CHECK YOUR LOGBOOK

Check out your family history of cancer. This is really important if either of your parents had cancer before the age of 60. If you do have a parent who had cancer at a young age speak with your doctor about it. You can then find out what you can do to reduce your risk from the same disease.

Your doctor may suggest that you visit regularly for screening. In this way you can pick up problems early. Most cancers can be successfully treated when they are caught early. But remember, prevention is better than cure.

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## KEEP A REGULAR EYE ON YOUR BODYWORK

- Get to know your skin so that you will pick up any changes as quickly as possible. These changes could be an early sign of cancer.

Watch out for:

- New lumps or growths
- A sore or bruise that does not heal
- A new or changing mole on your skin

*See page 24 to learn more.*

- Be aware of how your balls usually feel and check them regularly for any changes. Watch for a painless lump or pain or discomfort in a testicle or in the scrotum. Other signs can be heaviness or a dull ache in your groin. If you notice these or any other changes in your balls visit your GP for a check-up.

*See page 22 to learn more.*

4

## ENGINE TROUBLE? CHECK IT OUT!

Take action if you notice any of the following problems that last for more than a couple of weeks:

- A cough or hoarseness
- Indigestion or difficulty in swallowing
- A change in your bowel or bladder habits, for no good reason
- Shortness of breath
- Weight loss for no good reason
- Loss of appetite

These problems may be due to other illnesses besides cancer. But it is always best to be on the safe side. If they are an early sign of cancer the sooner you get treatment the better. So go see your doctor if in any doubt.





# Faulty Fuel Injector

## WHAT YOU NEED TO KNOW ABOUT PROSTATE CANCER...

### A man thing...

The prostate is a walnut sized gland that sits just under the bladder. Its job is to produce the bulk of semen to help protect and nourish sperm on their hazardous trip to the womb.

### What causes it and what are the risk factors?

While nobody knows what causes prostate cancer, there are some risk factors we do know about. They include:

- **Birthdays:** Prostate cancer is rare in younger men. But, your risk increases when you are over the age of 50 years.

*Over 2,500 new cases of prostate cancer are diagnosed in Ireland each year making it the second most common cancer affecting men in Ireland*

- **Family History:** If your father or brother had prostate cancer, your risk increases. If they had it at a young age, your risk is even greater.
- **What you eat:** Eating a healthy diet can lower your risk of many cancers. Some evidence tells us that:

- ▶ Eating foods containing lycopene may protect against prostate cancer. Lycopene is found in tomatoes, tomato products, red grapefruits, watermelons and apricots
- ▶ Eating foods containing selenium may protect against prostate cancer. Selenium is found in tuna, cod, beef, oatmeal and whole wheat bread
- ▶ A diet high in calcium may increase your risk of prostate cancer
- ▶ Obesity or being overweight is a major risk factor for many cancers

### Symptoms to look out for:

Unlike many other cancers, prostate cancer can be present for years without you knowing it.

*Prostate cancer is not caused by vasectomy, injury, masturbation or reading the Karma Sutra under the bedclothes with a torch. Just as well, or it could be teenagers suffering along with men predominantly aged over 50. Mind you...*

This is because in many cases the cancer is slow growing and can take many years to cause any symptoms. However, some prostate cancers are fast growing and can spread to other parts of the body.

Symptoms of prostate cancer often happen when the cancer is large enough to disturb your bladder or press on the tube that drains urine. These symptoms can happen as a result of a number of other conditions as well as prostate cancer. However if you have a problem with any of them it is important to talk to your doctor about it.

*Most men with early prostate cancer will have no symptoms at all.*

### Watch out for:

- *Peeing more often than usual*
- *Getting up at night to have a pee, only to get up again later on*
- *Difficulty peeing*
- *Pain on peeing*
- *Trouble starting or stopping the flow*
- *Feeling that you haven't quite got rid of it all when you pee*
- *Pain in the lower back, hips or upper thighs*
- *Trouble having or keeping an erection*

### Getting it sorted

If you are over 50 years get used to hearing about **PSA** tests.

PSA stands for **Prostate Specific Antigen** and is a simple blood test. The test can help to find early prostate cancer. Finding prostate cancer early may lead to more successful treatment.

However, a raised PSA may be caused by other things besides prostate cancer, such as an enlarged or inflamed prostate. For this reason it is a good idea to talk with your GP about the meaning of the result before having a PSA test. Your doctor will usually carry out a physical examination as well as a PSA test. Based on test results your doctor may send you to a specialist for further tests.

If further tests show that you have prostate cancer a number of treatments may be offered to you. What is offered will depend on your age, general health and the stage or grade of the cancer. Possible treatments include surgery, radiotherapy, hormone therapy and sometimes chemotherapy.

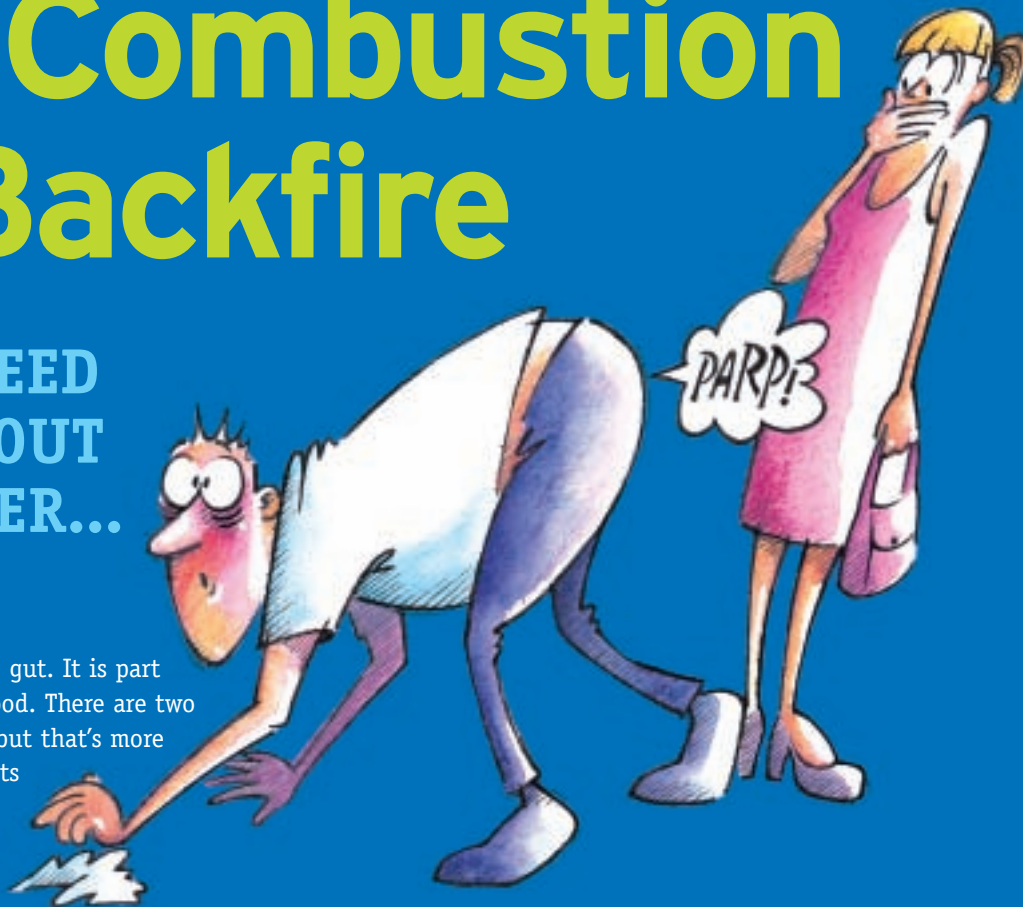
*Tomatoes and tomato-based products, like ketchup, may help reduce your risk of prostate cancer, so the occasional Bloody Mary may be helpful, but preferably with less Mary!*

# Poor Combustion and Backfire

## WHAT YOU NEED TO KNOW ABOUT BOWEL CANCER...

### The short and tall of it

The bowel is sometimes called the gut. It is part of the system that digests your food. There are two parts, the small and large bowel, but that's more about the width of the gut than its length. Bowel cancer is more common in the large bowel and rectum, which is the very last part of the gut.



**Your risk increases if there is a history of bowel cancer in your family. But not eating a healthy diet and being overweight or obese may also play their part**

## Cause and risk of bowel cancer

The exact cause of bowel cancer is still unknown. However, your risk of getting it is higher if:

- You eat a diet high in fats and low in fruit, vegetables and fibre
- You are overweight or obese
- You or a member of your family has or had bowel cancer.
- You or a member of your family has or had polyps. Polyps are not cancer, but if left untreated can lead to cancer.
- You or a member of your family has a bowel condition called familial adenomatous polyposis (FAP) or hereditary nonpolyposis colorectal cancer (HNPCC). Trying to pronounce it can be pretty stressful too!
- You have a history of bowel conditions such as ulcerative colitis or Crohn's disease.

## Reduce your risk

The good news is that you can reduce your risk of bowel cancer, even if it is in your family, by:

- Not smoking
- Checking out your diet:

***Eat plenty of fibre. You can find it in fruit, vegetables, wholegrain foods and pulses such as peas, beans and lentils***

***Limit the amount of red and processed meat you eat***

***Limit the amount of alcohol you drink***

- Being physically active for at least 30 minutes every day
- Being a healthy weight – being overweight or obese increases your risk
- Knowing your family history. If there is a history of bowel cancer in your family speak to your doctor about your risk and the need for screening.

## Better sooner than later

Being 'bowel aware' is the name of the game. Guts play up at the best of times but there are some warning signs that you shouldn't ignore. Watch out for:

- Blood in your bowel motion or bleeding from the back passage
- A lasting change (more than a month) in your normal bowel motion, such as diarrhoea or constipation
- Feeling that you have not emptied your bowel even after a motion
- Pain or discomfort in your tummy or back passage
- Trapped wind or full feeling in your tummy
- Weight loss for no reason
- Ongoing general tiredness or weakness

## THE GLOVED FINGER...

### Medical checks and treatment

*Men die of embarrassment every single day in Ireland. Yes, having a rectal examination is not everyone's idea of a good day out **but it can save your life.** It may be slightly uncomfortable but it should not be painful.*

*A sample of your bowel movement may be taken to check for blood, whether or not you can see it in the faeces.*

*Further tests to look into your bowel may be arranged if needed, such as a colonoscopy.*

*If you do have bowel cancer, treatment will depend on where the cancer is, whether it has spread and your general health. The main treatments for bowel cancer are surgery, chemotherapy, radiotherapy and biological therapy.*

### **REMEMBER!**

***These symptoms don't always mean cancer. But if you have any of them, get your doctor to check them to be sure***  
***Bowel cancer can be treated and cured if it is caught early***

# Dodgy Air Filters



## WHAT YOU NEED TO KNOW ABOUT LUNG CANCER...

### The Smoking Gun

It's not difficult to work out what causes lung cancer. If you don't smoke your chances of getting it are very small.

#### Start early, die early

The amount of tobacco you smoke moves you that bit closer to the great scrap-yard in the sky.

#### Filters and low tar don't protect you

Wise up and stub it out.

## FIRST THE GOOD NEWS

*As almost all cases of lung cancer are caused by smoking you can prevent it.*

*In fact, the number of new cases diagnosed in men each year is going down*

*Now the bad news: Some men think they are immune...*

#### So should you go for pipes or cigars?

No way, they just give you a feeling of false security. Smoking causes cancer.

#### Cut them down?

That doesn't work either. You gradually creep back up

#### Stop completely

All over Ireland men are getting the message. That's why lung cancer in men is on the decrease. Why not join the quitters...

**Each year in Ireland 1800 new cases of lung cancer are diagnosed.**

**Lung cancer is easy to prevent – 95% of cases are caused by smoking**



### **The good news about quitting**

It is never too late to quit smoking. After quitting, your risk of getting a number of diseases, including lung cancer and other cancers keeps falling as long as you stay quit.

### **Quit plan**

- List your reasons for quitting
- Set a date to stop
- Tell all your friends and relatives, they may support you. Mind you, some people prefer to keep it secret for a while. That's ok too
- Getting someone to quit with you can help. You will reinforce each other's willpower
- Clear the house, car and your pockets of any packets, papers or matches
- Reward yourself regularly with the money you have saved
- Ask your friends not to smoke around you. People accept this far more readily than they used to

- Cravings usually last for 3-5 minutes. If you get a craving use the 4 D's to help you get through it

## **4 D's**

- **Drink water**
- **Deep breathe**
- **Distract Yourself**
- **Delay grabbing for that smoke for 5 minutes.**

### **Symptoms of lung cancer to watch out for:**

- A cough that doesn't go away
- A change in a long-term cough
- Feeling short of breath or wheezing
- Chest infections that won't go away, even after antibiotics
- Coughing up blood
- Pain in your chest, especially when you cough or breath in
- Feeling more tired than usual
- Unexplained weight loss

# **ROADSIDE ASSISTANCE**

**HELP ON THE WAY TO QUITTING**

- **Call the NATIONAL SMOKERS' QUITLINE on CALLSAVE 1850 201 203**

*Stop smoking advisors are on hand with confidential advice and support. They will also send you a copy of the Quitting Booklet, a positive and supportive guide to quitting smoking.*

- **Nicotine Replacement Therapy (NRT) can be got in a pharmacy or through your GP. Used correctly, it can be very successful in easing the cravings from nicotine. There are many types so make sure to use the right one for you. You can discuss your options with your pharmacist, GP or a Smoking Cessation Counselor on the National Smokers Quitline.**
- **Ask your GP for advice on other methods that may help you quit smoking.**



# Ball Bearings and Shot Suspension

## WHAT YOU NEED TO KNOW ABOUT TESTICULAR CANCER...

### Rare but increasing

The good news is testicular cancer is rare and very treatable. Most men who get it are cured. The bad news is it is the most common cancer in younger men between 15 and 34 years in Ireland. There were 142 new cases of testicular cancer diagnosed in 2009. If you had an undescended testicle your risk of testicular cancer is higher. You also have a higher risk if your father or brother suffered from testicular cancer.

## Most men can still have a normal sex life and children after treatment for testicular cancer.

## Knowing the signs of testicular cancer and having it treated early increases your chance of this being the case.

### It's in your hands

Be aware of how your balls normally feel by checking them on a regular basis:

- Check your testicles once a month, while in the bath or shower. In this way you get to know the normal size, shape and weight of each of your balls.
- Cradle your scrotum in both hands. Use your fingers and thumbs to examine and compare your testicles, one at a time. Small differences in size are normal. One can also be hung lower than the other.
- Testicles should feel firm and smooth without lumps or swellings.
- It is normal to feel a soft rubbery tube at the top and back of both testicles. This is called the epididymis. It carries sperm to the penis. It can be tender and it wobbles.

See your doctor if you:

- ▶ Feel a painless lump, no matter how small
- ▶ Feel a swelling in either ball
- ▶ Feel a discomfort, heaviness or pain in a ball or in your scrotum
- ▶ Feel a dull ache in the groin
- ▶ Notice anything that is unusual for you

Thankfully, most lumps aren't cancer. But don't ignore a lump, even if you notice it after an injury. Let your doctor decide whether you need further tests. There are a range of options for treatment. Surgery, radiotherapy and chemotherapy may be used alone or together.

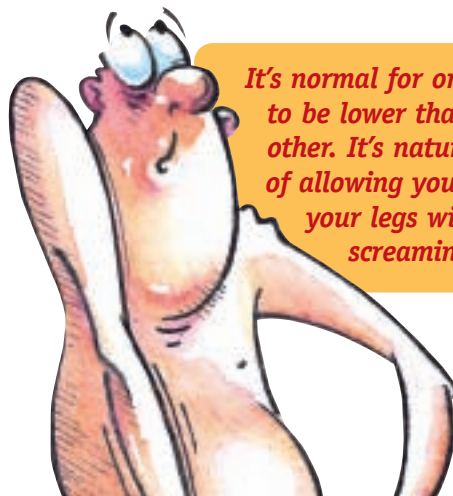
### IT'S GOOD TO CHECK...

*It's good to check your balls regularly.*

*If you do, you will notice any unusual changes.*

*But pick your time and place carefully as it can attract the wrong sort of attention on the bus!!*

*Once a month in the bath or shower is just about right.*



*It's normal for one testicle to be lower than the other. It's nature's way of allowing you to cross your legs without screaming.*

# Bodywork

## WHAT YOU NEED TO KNOW ABOUT SKIN CANCER...

### Sun Sense

The sun damages your bodywork by its Ultraviolet Radiation (UV). There are two types of UV radiation that reach the earth's surface:

- UVA which causes skin cancer and skin ageing
- UVB which causes skin cancer and burning of the skin

Tanning is a sign that your skin is trying to protect itself from further damage caused by the sun's ultraviolet rays..

### Skin cancer

There are two types of skin cancer.

**1. Non-melanoma** is the most common form of skin cancer.

Keep an eye on your skin for:

- A new growth or sore that does not heal within four weeks
- A spot or sore that continues to itch, hurt, crust, scab or bleed
- Constant skin ulcers that are not explained by other causes

**2. Melanoma** is the most serious form of skin cancer but it is also the rarest. However, the number of new cases diagnosed in Ireland each year continues to rise.

Melanoma most often appears as a new or changing mole on your skin. The important changes to look for are changes in shape, size and colour of your moles:



## NOT A LOT OF PEOPLE KNOW THIS BUT..

*Skin cancer is the most common cancer in Ireland, and not just in women.*

*One in seven men will get skin cancer before the age of 74.*

*You can't see or feel the UV rays that cause skin cancer.*

*Even on cloudy days up to 85% of UV rays can reach your skin.*

*Some football shirts are so thin they let almost all UV rays through.*

*Tanned skin, not just sunburnt skin is damaged skin.*

*After your tan or sunburn fades the damage it caused to your skin remains. This damage goes on to build up under your skin, just like rust under bodywork paint. It can come back to haunt you in later life.*

*Almost all your risk of skin cancer comes from the sun and sun-beds... so cover up.*

# MELANOMA SKIN CANCER CAN KILL

*Spotting it early and getting it treated as soon as possible can save your life.*

**Shape:** change from a round and regular shape to ragged edges or an irregular shape.

**Size:** change from small (the size of the butt of a pencil) to bigger or smaller.

**Colour:** change from one colour to many shades of tan, brown or black, sometimes white, red or blue.

## Other warning signs could be:

- Finding an unusual sore, lump, blemish or mark
- Change in the way an area of your skin looks or feels
- Your skin might become scaly or crusty or begin to ooze or bleed
- Your skin may feel itchy, tender or painful
- Redness and swelling may develop

Many skin changes are harmless. But if you notice a new or changing mole visit your doctor without delay. Spotting it early and getting it treated as soon as possible can save your life.

## ABOUT USING SUNSCREEN:

Sunscreen is designed to be used when you can't avoid being out in the sun. It is not meant to be used so that you can stay out in the sun for longer.

No Sunscreen gives 100% protection from the harmful rays of the sun.

## Sunscreen works best when:

- Enough is used on the body and used generously
- It is applied 20 minutes before going out in the sun



## Reduce your risk of skin cancer by following THE SUNSMART CODE

- Slip on a t-shirt and long shorts made of closely woven fabric
- Slap on a hat that gives shade to the eyes, ears and back of neck
- Seek shade especially from 11am to 3pm, when UV rays are at their strongest
- Slop on sunscreen with SPF 15 or higher and UVA protection
- Wrap on sunglasses that give UV protection.

- It is reapplied every 2 hours and more often if swimming, sweating or towel drying
- A water resistant sunscreen is used if you are involved in water sports or sweating

CHECK FOR THE UVA SYMBOL on the sunscreen bottle:



## RED HOT TIP USING THE UV INDEX

*In the summer, the weather forecast includes a UV Index. This warns you when UV levels are likely to be high.*

*Always check the weather forecast so that you are prepared for whatever weather comes your way and in this way you can reduce your risk of skin cancer.*

# YOUR TOP MECHANIC

## GETTING THE BEST FROM YOUR GP VISIT

- *Find a GP who suits you:* The local health centre keeps a list of some GP's in the area. The Golden Pages should also have a list. But asking your mates can be the best way to find your kind of doctor.
- *Write down what you want to talk about before you see your doctor:* It's easy to forget the most important things during a visit. Doctors hone-in on important clues - When did it start? How did it feel? Did anyone else suffer as well? Did this ever happen before? What have you done about it so far? Are you on any medicines at present? If you make a list before you go, you'll have many of the answers for your doctor.



- *Be realistic:* If you have a list of complaints as long as your arm don't expect to get everything sorted in one visit. You may be invited back to go through issues you didn't get a chance to talk about at another time.
- *Arrive informed:* There are thousands of web sites on health, men's health and cancer. It is a good idea to search for information on the topic in question on-line. However remember that some information on the Web can not be trusted to be free of mistakes. For this reason it is important to visit websites with a good reputation. Check the list of websites at the back of this booklet for sites we feel are trustworthy.
- *Ask questions:* If a mechanic stuck his head into the bonnet of your car, you would most certainly want to know what he planned to do. Your doctor is about to lift the bonnet on your body – don't be afraid to ask why and what the plan is.

## HINT!

*Your local pharmacist can be a great source of information. They can help with your healthcare questions and advise on medicines. So get the best from your pharmacist too, they'd be happy to help!*

- *Don't beat about the bush:*  
If you have a lump on your balls say so! With a short consultation time there is a real danger of coming out with a prescription for a sore nose.
- *Listen to what they say:* Most people pick up less than half of what their doctor has told them during a visit. It can help if you write down the important points you have talked about. Don't forget that if you don't understand, say so.
- *If you want a second opinion say so:* Ask for a consultant appointment if you want a second opinion. Then explain why you want a second opinion.
- *Trust your doctor:* But remember, there is a difference between trust and blind faith. Your health is a partnership between you and your doctor – but it's your body.
- *Don't be afraid to ask to see your notes:* Some doctors now show their patients what they are writing. Unfortunately, doctor's language can be difficult to understand. Latin and Greek are still in use although less so now. They also use abbreviations in your notes. So ask for explanations. *E.g. TATT – Tired all the time, DNA – Did not attend, FU2 – you insulted him!*

**It's easy to forget the most important things during a visit to the doctor. If you make a list *before* you go, you'll have all the answers for your doctor**

# Glossary of Common Terms

**Biological therapy:** A treatment that uses the body's immune system to kill cancer cells.

**Chemotherapy:** the use of drugs that kill cancer cells.

**Early detection of cancer:** Finding cancer early.

**Erectile dysfunction:** a condition where the penis can't become upright for sexual intercourse.

**Polyps or adenomatous polyposis:** growths, usually non-cancerous, that occur in the lining of the bowel.

**Radiotherapy:** the use of X-rays to destroy cancer cells.

**Rectal examination:** insertion of a glove-covered finger to check the lower end of the bowel and prostate.

**Risk factor:** anything that increases your risk of getting a disease.

**Saturates:** Fats which come mainly from animal fat. Unsaturated fat, which comes mainly from vegetable fat, is better for your health.

**Scrotum:** the pouch that contains the testicle.

**Symptoms:** a sign of something.

# European Code Against Cancer

In Ireland and in Europe about 1 in 3 people will develop cancer at some stage in their life. The good news is that due to better treatments and picking up cancer earlier, survival rates are improving all the time.

However, there are a number of steps you can take to reduce your risk of cancer. At the same time you can lead a healthier lifestyle

1. If you smoke, plan to quit.
2. If you drink alcohol, cut down on the amount you drink.
3. Eat a healthy diet by increasing your daily intake of fruit and vegetables and by eating a range of foods low in fat and high in fibre.
4. Be a healthy weight by being more active every day and eating less fatty foods.
5. Protect yourself in the sun and avoid sunburn, especially in children.
6. See your doctor if you notice a lump, a sore that does not heal, a mole that changes in shape, size or colour or bleeds.
7. See your doctor if you have ongoing problems, like a cough or hoarseness, a change in your bowel or bladder habits or unexplained weight loss.

# USER MANUAL BACKUP SUPPORT

## SOURCES OF INFORMATION

### ORGANISATIONS/ AGENCIES

#### Irish Cancer Society

The Health Promotion Department of the Irish Cancer Society has a wide range of leaflets and factsheets about a variety of cancers. To order them, please contact us on

**01 2310539**

Anyone who is concerned about cancer can speak to a specialist nurse in confidence by calling the **National Cancer Helpline on Freefone 1800 200 700**

The Helpline is open  
Mon-Thurs 9am-7pm,  
Fridays 9am-5pm.

### WEBSITES

Irish Cancer Society  
[www.cancer.ie](http://www.cancer.ie)

Health Promotion Unit  
[www.healthpromotion.ie/links](http://www.healthpromotion.ie/links)  
[www.giveupsmoking.ie](http://www.giveupsmoking.ie)

Men's Health Forum of Ireland  
[www.mhfi.org](http://www.mhfi.org)

Those who wish to speak to a specialist nurse can also contact us through our:

- **Walk-in service** – visit us in person at the Irish Cancer Society offices at 43/45 Northumberland Road, Dublin 4
- **Email service** – email us at [helpline@irishcancer.ie](mailto:helpline@irishcancer.ie)
- **CancerChat** – chat live on the web with a specialist cancer nurse by logging onto [www.cancer.ie](http://www.cancer.ie)
- **Message board** – visit our online bulletin board at [www.cancer.ie](http://www.cancer.ie)

#### National Smokers' Quitline

For help quitting smoking call the National Smokers' Quitline on

**Callsave 1850 201 203**

#### MAC (Men Against Cancer)

A peer support group established with the support of the Irish Cancer Society. MAC provides information, advice and support to men who have had a recent diagnosis of prostate or testicular cancer.

Contact MAC at:  
Irish Cancer Society  
43/45 Northumberland Road,  
Dublin 4

**Freefone 1800 200 700**

#### Health Promotion Unit

Dept of Health and Children,  
Hawkins House,  
Hawkins Street, Dublin 2  
**Telephone: (01) 635 4000**







**National Cancer Helpline Freefone 1800 200 700**

**[www.cancer.ie](http://www.cancer.ie)**

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