

**GET MEN
TALKING**

**REDUCE
YOUR RISK!**

**Early detection
saves lives.**

You can take simple steps to reduce your risk of common cancers such as prostate, testicular, lung, bowel & skin cancer

**Check your
testicles**

**Ask your GP
about
prostate
cancer**

**If you
smoke, stop***

**Keep a
healthy
weight**

**Get 30
minutes of
exercise
daily**

**Limit daily
alcohol
intake**

**Always wear
sunscreen.
Never use
sun beds**

**Eat less
processed
meats**

Be aware of the signs and symptoms of cancer.

***You can get support from the HSE Quit Team on
Freephone 1800 201 203 or FREETEXT QUIT to 50100**

For more information, see www.mariekeating.ie



**Marie Keating
FOUNDATION**