

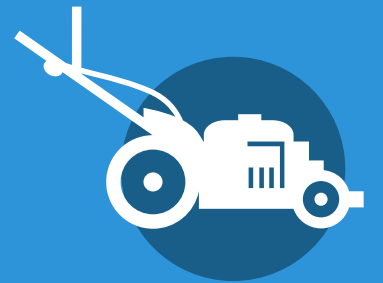


things **kiwi blokes** need to know about **cancer** in New Zealand

1

One third of all cancers can be prevented with a **healthy lifestyle**

One in four cancer deaths are due to smoking so quitting is the single, best thing you can do for your health. www.quit.org.nz – Drink less alcohol, stay lean, exercise and be SunSmart.



2

Many **bowel cancers** can be **cured** if found early

If you've got a family history of bowel cancer, bleeding from your butt, or problems with your poo (diarrhoea, constipation or that your bowel doesn't empty completely). Get to the bottom of the problem and talk to your doctor.



3

In New Zealand, **Melanoma kills more men** than women

90 percent of skin cancers can be prevented. Slip Slop Slap and Wrap between September and April, when UV rays are most harmful.



4

There is no **'one size fits all'** solution for prostate cancer testing and detection

If you are 50 to 70 years old, in your 40s and your father or brother has had prostate cancer, or you're having trouble peeing, talk to your doctor, nurse or phone the Cancer Information Helpline.



5

Support is just a **phone call** away

Talk our specialist nurses on the Cancer Information Helpline.

**0800
CANCER
(226 237)**



GetTheTools

www.GetTheTools.org.nz

Discussing the nuts & bolts of Men's Health



Cancer Society

Te Kāhui Matepukupuku
o Aotearoa