

# Three common cancers that affect men



The three most common cancers affecting men contribute to nearly 42% of all cancer diagnosis, excluding skin cancer, says the World Cancer Research Fund International. Find out more about lung, prostate, and colorectal cancer now.

## Lung cancer

Almost 17% of all cancers diagnosed in men in a one year period were located in the lungs. Even though fewer men than women develop it, it's more deadly in men, and leads to more deaths each year than prostate cancer.

The biggest risk factor for lung cancer is smoking, which includes cigar and pipe smoking, and exposure to second-hand smoke. Statistics show that of the people who smoke two or more packs of cigarettes a day, one in seven will die from lung cancer.

There are other factors, like breathing in chemicals such as coal, asbestos, and silica that are also linked to causing lung cancer. Breathing in diesel fumes on a regular basis for many years has been show to increase your risk of lung cancer by 50%.

## Prostate cancer

Prostate cancer contributes to 15% of all cancers diagnosed in men. Prostate cancer that has spread to other parts of the body has a low survival rate, which is esitimated to be around 25%.

When men receive early diagnosis and treatment, and whose prostate cancer hasn't spread to other parts of their body, the survival rate is at 98% after 10 years, and at 95% survival rate after 15 years.

Risk factors for prostate cancer include age, where it is common in men over the age of 70, family history, where if a man's father or brother has prostate cancer, his risk increases.

Other risk factors are a poor diet of processed and refined foods, as well as obesity.

## Colorectal cancer

10% of cancers diagnosed in men are located in the digestive tract. Early symptoms of colorectal cancer include changes in bowel habits like diarrrohea and constipation, blood in the stools, and severe, continuous abdominal pain.

The best way to prevent these types of common cancers is to follow a healthy diet, get regular exercise, and have the appropriate screening tests done to pick up any abnormalities, which allows treatment to start as early as possible.