

# CANCER KILLS MORE MEN THAN WOMEN

## Lifestyles blamed for rates Experts urge early diagnosis

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**MEN are more likely than women to die from all types of cancer, researchers have revealed.**

A charity report yesterday said male lifestyles – higher smoking rates, heavier drinking, poorer diets, less exercise and obesity – are to blame.

But the Irish Cancer Society also warned late diagnosis was playing a part.

The study found men have higher incidence rates of the disease including bowel, lung, bladder and stomach cancer.

In some cases three times as many men than women suffer these diseases.

The research also showed melanoma of the skin has higher rates among women but men are still more likely to die from it.

Carlow IT Centre For Men's Health director Dr Noel Richardson said lifestyle factors need to be addressed.

He added the report "gives a solid evidence base for what action needs to be taken by both policymakers and service providers" to bring down the incidence of cancer and the number of men dying from the disease.

The Cancer Society said the study, which it commissioned to mark Men's Health Week, is the first of its kind to look at cancer incidence and mortality from a gender perspective in Ireland.

Among its findings were that projections indicate that by 2035 the overall number of invasive cancers will increase by 213% for

men compared with 165% for women.

It also found men of all ages are 1.64 times more at risk of lung cancer, with the rate increasing to 1.8 times in those aged 65 and over.

And they are three times more likely to get bladder cancer.

Killian Byrne, marathon runner and former RTE Operation Transformation participant, spoke of the need to encourage healthier lifestyles.

He said: "Looking after your health is not a sign of weakness but a sign that you are in control."

The Cancer Society added the message for men is to know the value of good health and look out for early detection.

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◀ **DEADLY** Lung cancer cells

