



# MEN MORE LIKELY TO DIE FROM **CANCER**

**Landmark report blames boozy lifestyle**

■ By **ED CARTY**

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

A shocking report for the Irish **Cancer Society** said that men's lifestyles are mainly to blame for this, with higher smoking rates, heavier drinking, poorer diets, less exercise and more obesity.

The charity also warned that late diagnosis is an issue for men.

**The study found that men have incidence rates of up to three times higher for bowel, lung, bladder and stomach cancer.**

And although more women get skin melanoma, men are still more likely to die from it.

Dr Noel Richardson of the Carlow IT Centre for Men's Health said that men lifestyle factors need to be addressed.

## **Policy**

"Today's report gives a solid evidence-base for what action needs to be taken by both policy makers and service providers so they can engage more effectively with all men," he said.

**The Cancer Society commissioned the Centre for Men's Health and the National Cancer Registry to compile the report to mark Men's Health Week.**

Researchers described it as a "landmark" report, the first of its kind to look at **cancer** incidence and mortality from a gender perspective in Ireland.

Projections indicate that by 2035 the overall number of invasive **cancers** will increase by 213 per cent for men (seven per cent a year), compared with 165 per cent for women (six per cent a year).

The report found that men are almost two times more likely to die from bowel **cancer**, with incidence rates at 66.53 per 100,000 compared with 41.4 in females.

**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.**

Men's risk of death from lung **cancer** is 16 per cent higher than women, while men are three times more likely to get bladder **cancer**.

## **Skin**

Between 2006-08, skin

cancer rates for women were up to 17.32 per 100,000 compared with 15.95 for men, but men are still 1.6 times more likely to die from it.

**Overall, death rates in men ranged from 1.6 to 2.7 times the rate for women.**

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

He said: "Younger men may take good health for granted. They may not notice that they have become less active until health becomes a concern."

"Time spent investing in your health now and making changes will pay dividends when you are older."

Donal Buggy from the **Cancer Society** added: "The report provides recommendations that offer a blueprint for a more targeted and gender-specific approach to addressing the key findings; particularly in relation to lifestyle changes."



**HEALTHY ADVICE:** Killian