

Men's Health Pub Quiz Questions



1. What is the most common male cancer in the UK?

2. Is prostate cancer more common in older or younger men?

3. Is testicular cancer more common in young or old men?

4. What is the recommended safe intake of alcohol for men per day?

5. Smoking can cause impotence, true or false?

6. After 10 years of not smoking what percentage does your risk of getting lung cancer fall to?

7. How many times should a grown man exercise per week?

8. Adults are advised to consume no more than ___g of salt per day.

9. What is the recommended daily allowance of fat for males? (In grams)

10. Being overweight puts your health at risk as it contributes to the development of many problems. List 3 possible problems:

11. If testicular cancer is detected early, can it be cured?

12. What is the most common STD?

13. What does BMI stand for and what does it tell you?

14. When is the best time to carryout a testicular self examination?

Thank- you and Good- Luck!

