

## Cancer Screening for Men

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Cancer is a disease that can often be cured or managed when it is found early. Here are guidelines to check for some common cancers that affect men. Screening is when you check for a disease even when there are no signs. All adults should have a cancer related checkup every 3 years between the ages of 20 to 39 and every year starting at age 40.

These guidelines are from the American Cancer Society. They are for people who are at normal risk. Some men have higher risk for certain kinds of cancer due to family history, lifestyle or other factors. You should talk with your doctor about your risk factors.

You can change some of your risk factors. For example, if you quit smoking you can lower your risk of cancers of the lung, mouth, larynx (voice box), bladder and kidney. Some risk factors you are unable to change, like your genes. Your doctor may refer you to see a Genetic Counselor to talk about your risks.

Here are common types of cancers that affect men and some reasons that may cause you to be at higher risk. Use this as a guide to talk to your doctor about your own health and screening needs. A doctor or another member of the health care team will complete your screening.

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**This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.**

## Prostate

Risk Factors	Screening for Normal Risk
<ul style="list-style-type: none"><li>• Family history of prostate cancer</li><li>• Being African American</li><li>• Age (being older)</li><li>• Eating a diet high in animal fat or high fat dairy products</li></ul>	<ul style="list-style-type: none"><li>• At age 50 talk with your doctor about testing for prostate cancer.</li><li>• If you are African American or have a brother who had prostate cancer before age 65, you should talk to your doctor about testing when you reach age 45.</li><li>• If 2 or more of your relatives had prostate cancer before age 65, you should talk to your doctor about testing when you reach age 40.</li><li>• If you decide to be tested, you should have the PSA blood test with or without a rectal exam. Your PSA level will determine how often you need to be tested.</li></ul>

## Testicular

Risk Factors	Screening for Normal Risk
<ul style="list-style-type: none"><li>• Most common to be found in men age 20 to 54, but can affect men at any age</li><li>• Being White/Caucasian</li><li>• History of having undescended testicle(s)</li><li>• History of cancer in one testicle</li><li>• Family history of testicular cancer</li></ul>	<ul style="list-style-type: none"><li>• The American Cancer Society recommends that men talk with their doctor about monthly testicular exam.</li><li>• You should look at your testicles each month, especially if you are at high risk. Tell your doctor right away if you find a mass or a lump.</li></ul>

## Colon or Rectal

Risk Factors	Screening for Normal Risk
<ul style="list-style-type: none"> <li>• Being over 45 years old</li> <li>• Being inactive and/or overweight</li> <li>• Diet high in red/processed meat</li> <li>• Diet low in fruits and vegetables</li> <li>• Smoking</li> <li>• Heavy alcohol use</li> <li>• Family history of colorectal cancer syndrome or adenomatous polyps</li> <li>• Type 2 diabetes</li> <li>• History of colon or rectal cancer, colorectal polyps, or chronic inflammatory bowel disease (Crohn's Disease)</li> <li>• History of radiation to the abdomen (belly) or pelvic area to treat prior cancer</li> </ul>	<p><b>Starting at age 45, the following tests may be ordered by your doctor. Talk to your doctor about which test is best for you.</b></p> <p>Tests that find polyps and cancer are:</p> <ul style="list-style-type: none"> <li>• Flexible sigmoidoscopy every 5 years*</li> <li>• Colonoscopy every 10 years</li> <li>• Double-contrast barium enema every 5 years*</li> <li>• CT colonography (virtual colonoscopy) every 5 years*</li> </ul> <p>Tests that primarily find cancer are:</p> <ul style="list-style-type: none"> <li>• Yearly guaiac-based fecal occult blood test (gFOBT)**</li> <li>• Yearly fecal immunochemical test (FIT)**</li> <li>• Stool DNA test (sDNA) every 3 years*</li> </ul> <p>* If the test is positive, a colonoscopy should be done.</p> <p>** The multiple stool take-home test should be used. One test done at your doctor's office is not enough. A colonoscopy should be done if the test is positive.</p>

## Lung

Risk Factors	Prevention
<ul style="list-style-type: none"><li>• Smoking</li><li>• Exposure to second hand smoke</li><li>• Family or personal history of lung cancer</li><li>• Exposure to cancer-causing agents in the workplace or the environment (asbestos, fibers, radon, some chemicals, uranium, arsenic, vinyl chloride, diesel exhaust)</li></ul>	<p>There are no tests to check for lung cancer if you are at average risk. There are screening guidelines if you are at high risk of lung cancer due to cigarette smoking. Talk with your doctor about whether you should start screening.</p>

## Skin

Risk Factors	Screening for Normal Risk
<ul style="list-style-type: none"><li>• Ultraviolet light exposure (sunlight)</li><li>• Fair skin (light colored skin)</li><li>• Family history of melanoma</li><li>• Severe sunburns before age 18</li><li>• Use of tanning beds</li><li>• Smoking</li><li>• Some workplace exposures (coal tar, pitch, creosote, arsenic or radium)</li></ul>	<ul style="list-style-type: none"><li>• Look for changes every month with your skin, freckles or moles.</li><li>• Skin exam during a regular health checkup.</li></ul>

The American Cancer Society, American Heart Association and American Diabetes Association have joined together on this advice. To lower your risk for cancer, heart (cardiovascular) disease and diabetes it is important to work towards these goals:

- Get to a healthy weight and maintain it.
- Be active at least 30 minutes a day for at least 5 days a week.
- Eat at least 5 servings of vegetables and fruits every day.
- Do not smoke or use tobacco. If you smoke or use tobacco now, ask for help to quit.
- Limit the amount of alcohol you drink.

**Here are places you may check for more information:**

- JamesLine at 1-800-293-5066 or on the web at [cancer.osu.edu](http://cancer.osu.edu)
- American Cancer Society at 1-800-ACS-2345 or on the web at [www.cancer.org](http://www.cancer.org)
- The National Comprehensive Cancer Network at [www.nccn.org](http://www.nccn.org)
- National Cancer Institute 1-800-4 CANCEER (800-422-6237) on the web at [www.cancer.gov](http://www.cancer.gov)

**Other helpful Patient Education handouts:**

[The ABCDE's of Melanoma and Skin Self-Exam](#)

[Cancer Genetics Consultation](#)

[Colorectal Cancer Screening](#)

[Prostate Cancer Screening](#)

[Testicular Self-Examination](#)