

Cancer Screening for Men

Cancer is a health problem 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 checking for a disease 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 40.

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

You can change some of your risk factors. For example, if you quit smoking you can change your risk for cancers of the lung, mouth, larynx (voice box), bladder and kidney. You cannot change other factors, like your genes. In some cases you may be referred to see a Genetic Counselor for an evaluation.

Here are common types of cancers that affect men and some reasons that may cause a person to have a higher risk. Use this as a guide to talk to your doctor about your own health and screening needs. Note, we use the term doctor, but you may be seen by another type of health care professional for your screening.

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">• Family history of prostate cancer• Being African American• Age (being older)• Eating a diet high in animal fat or high fat dairy products	<ul style="list-style-type: none">• At age 50 talk with your doctor about the pros and cons of testing for prostate cancer.• If you have any risk factors (African American or a brother who had prostate cancer before age 65) you should talk to your doctor about testing when you reach age 45.• 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.

Testicular

Risk Factors	Screening for Normal Risk
<ul style="list-style-type: none">• Usually found between the ages of 20 to 54, but can affect men at any age• Risk is 4 times greater for white men than African American men• History of having undescended testicle(s)• History of cancer in one testicle• Family history of testicular cancer	<ul style="list-style-type: none">• The American Cancer Society recommends that men talk with their doctor about whether they should practice monthly testicular exam.• You should examine your testicles monthly, especially if you are in a high risk group. Tell your doctor right away if you find a mass or a lump.

Colon or Rectal

Risk Factors	Screening for Normal Risk
<ul style="list-style-type: none"> • Being over 50 years old • Being inactive and/or overweight • Diet high in red/processed meat • Diet low in fruits and vegetables • Smoking • Heavy alcohol use • Family history of colorectal cancer syndrome or adenomatous polyps • Type 2 diabetes • History of colon or rectal cancer, colorectal polyps, or chronic inflammatory bowel disease (Crohn's Disease) 	<p>Starting at age 50, the following tests may be ordered by your doctor. Talk to your doctor about which test is best for you.</p> <p>Tests that find polyps and cancer are:</p> <ul style="list-style-type: none"> • Flexible sigmoidoscopy every 5 years* • Colonoscopy every 10 years • Double-contrast barium enema every 5 years* • CT colonography (virtual colonoscopy) every 5 years* <p>Tests that primarily find cancer are:</p> <ul style="list-style-type: none"> • Yearly guaiac-based fecal occult blood test (gFOBT)** • Yearly fecal immunochemical test (FIT)** • Stool DNA test (sDNA) every 3 years* <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 by the doctor in the 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">• Smoking• Exposure to second hand smoke• Family or personal history of lung cancer• Exposure to cancer-causing agents in the workplace or the environment (asbestos, fibers, radon, some chemicals, uranium, arsenic, vinyl chloride, diesel exhaust)	<p>Currently there are no tests to check for lung cancer in people who are at average risk. There are screening guidelines for those who are at high risk of lung cancer due to cigarette smoking.</p> <ul style="list-style-type: none">• Talk with your doctor about whether you should start screening.

Skin

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

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 aim at these goals:

- Get to a healthy weight and maintain it.
- Be active - exercise at least 30 minutes 5 or more days a week.
- Eat at least 5 servings of vegetables and fruits every day.
- Do not smoke or use tobacco. 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
- American Cancer Society at 1-800-ACS-2345 or on the web at www.cancer.org
- The National Comprehensive Cancer Network at www.nccn.org
- National Cancer Institute 1-800-4 CANCEER (800-422-6237) on the web at www.cancer.gov

Other helpful Patient Education handouts:

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

[Cancer Genetics Consultation](#)

[Colorectal Cancer Screening](#)

[Irritable Bowel Syndrome](#)

[Prostate Cancer Screening](#)

[Testicular Self-Examination](#)

[How to Quit Smoking](#)

[Sun Safety Tips](#)