

## MEN'S HEALTH SCREENINGS



### PROMOTING CANCER AWARENESS & EARLY DETECTION

Cancer is the most curable in its early stages. At the Barbara Ann Karmanos Cancer Institute, we know that routine screenings save lives every day. Advocate for your health and talk with a health care professional to make an informed decision on which screenings are right for you.

#### MEN'S CANCER SCREENINGS BY AGE (FOR MEN AT AVERAGE RISK)\*

##### 18-49

- Have a regular testicular exam by a health care provider.
- Have a regular skin exam performed by a health care provider and practice monthly skin self-exams.
- Men with more than one first-degree relative who had prostate cancer at an early age, starting at age 40, talk with a health care provider about the pros and cons of prostate screening.

##### 45+

- If you are African-American or have a first-degree relative (father, brother, or son) diagnosed with prostate cancer before age 65, starting at age 45, talk with a health care provider about the pros and cons of prostate screening.
- Have a colonoscopy every 10 years; or a flexible sigmoidoscopy or CT colonography every five years. Talk with a health care provider about alternative testing, such as an annual Fecal Occult Blood Test (FOBT) or a fecal immunochemical test (FIT); or a stool DNA test (sDNA) every 3 years.

##### 50+

- Follow guidelines for the 18-49 age group, plus all men should talk with a health care provider about the benefits and risks of prostate screening.

### TIPS FOR PREVENTING CANCER & TAKING CONTROL OF YOUR HEALTH:

- Avoid all types of tobacco products
- Protect your skin from the sun
- Limit the amount of alcohol you drink
- Make regular exercise part of your daily routine
- Maintain a healthy weight throughout your lifetime
- Eat a healthy diet with plenty of fruits and vegetables each day
- Limit your consumption of red and processed meats
- Get vaccinated for Hepatitis B and Human Papillomavirus (HPV)
- Know your family medical history and talk to your physician about genetic counseling
- Get regular check-ups and cancer screening tests



To make an appointment, please call  
1-800-KARMANOS (1-800-527-6266)  
or visit [karmanos.org](http://karmanos.org).

KCI-6317 (9.21)

## MEN'S HEALTH SCREENINGS

### TESTICULAR CANCER SCREENING

**WHO:** Adult men, especially those in their twenties and thirties, are at greater risk of testicular cancer. Men with an undescended testicle are also at an increased risk.

**WHAT:** Have an annual testicular examination as part of a routine physical exam by a health care provider. Men can also increase awareness by practicing monthly self-exams to check for lumps or changes.

**WHY:** Testicular cancer is highly curable when caught early. Report any lumps or changes in your testes to a health care provider.

### PROSTATE CANCER SCREENING

**WHO:** Men of average risk who are 50 and older have a greater risk of prostate cancer, as well as African-American men or men with a family history of members with cancer who are 40 and older.

**WHAT:** Talk with a health care provider about the pros and cons of prostate screening. Tests may include a yearly prostate specific antigen (PSA) blood test and a digital rectal exam (DRE).

**WHY:** Prostate cancer can sometimes be caught early with screening tests, but men must understand the potential risks and benefits of testing in order to make an informed decision.

### COLORECTAL CANCER SCREENING

**WHO:** Men of average risk, age 45 and older, should talk to their health care provider about the pros and cons of colorectal screening. People with increased risk should ask about screening before age 45. Risk factors include a family history of colorectal cancer, a personal history with the disease or your racial/ethnic background, which may put you at greater risk for the disease.

**WHAT:** Have a colonoscopy every 10 years; or a flexible sigmoidoscopy or CT colonography every five years. Talk with a health care provider about alternative testing, such as an annual Fecal Occult Blood Test (FOBT) or a fecal immunochemical test (FIT); or a stool DNA test (sDNA) every 3 years.

**WHY:** Screening for colorectal cancer is especially important because polyps can be found and removed before they become cancerous.

### LUNG CANCER SCREENING

**WHO:** Men who are age 55 - 80 and have a 30 pack a year (or 2 packs for 15 years) smoking history should be screened for lung cancer.

**WHAT:** Lung cancer screening is done with low-dose spiral CT scans. CT scans can take detailed pictures of the lungs that can detect cancer early.

**WHY:** Lung cancer is the leading cancer killer in men. Nearly 90 percent of cases are attributed to smoking. Quitting smoking is one of the best ways to help promote lung health.

### SKIN CANCER SCREENING

**WHO:** Adult men, especially those with fair skin and light colored hair, a history of sunburns or tanning bed use, are at an enhanced risk of skin cancer.

**WHAT:** A monthly skin self-exam and an annual full body skin exam as part of a routine physical exam should be performed by a health care provider.

**WHY:** Skin cancer is the most common type of cancer. Melanoma is the deadliest form, and can appear anywhere on the body. Watch for moles that change size, shape or color or new moles and skin spots.

**Did you know? Men can get breast cancer. Report any lumps or changes in your chest area to a health care provider.**

\*This information is intended to serve as a guideline only. Screening needs vary for each individual depending on your overall cancer risk. Please consult with a health care professional to decide which screenings are right for you and to make an informed decision.

### FOR MORE INFORMATION

To make an appointment, please call 1-800-KARMANOS (1-800-527-6266) or visit [karmanos.org](http://karmanos.org). Reliable information is also available from the following sources:



American Cancer Society  
877-ACS -2345  
Cancer.org



A Cancer Center Designated by the  
National Cancer Institute  
National Cancer Institute  
800-4-CANCER  
Cancer.gov



1-800-KARMANOS  
KARMANOS.ORG