

**McLaren Print System Order**

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 4100 John R  
 Detroit, MI 48201

Brochures  
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 Paragon Dept No: 70027  
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**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 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 (1-800-627-6286)  
 or visit karmanos.org

**Spec Info:**