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 Item Description: MENS HEALTH SCREENINGS Flyer
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KARMANOS CANCER INSTITUTE
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)

Ages 18-49

- Have a regular testicular exam by a health care provider.
- Perform monthly testicular self-exams.
- Have a regular skin exam performed by a health care provider and practice monthly skin self-exams.
- Starting at age 45, men at average risk (having more than one first-degree relative who had prostate cancer at an early age) should talk with a health care provider about the pros and cons of prostate cancer screening.

Ages 45 and over

- 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.
- Schedule a fecal immunochemical test (FIT) every year or Guaiac-based fecal occult blood test (gFOBT) every two years, or multi-targeted stool DNA test with fecal immunochemical testing (FIT+DNA or SOHN+FIT or FIT+DNA) every three years, or colonoscopy every 10 years, or CT colonography (virtual colonoscopy) every five years, or sigmoidoscopy every five years.

Ages 50 and over

- 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 cancer screening.
- If you are ages 70-85, the decision to get a colonoscopy screening is based on patient preference, life expectancy, overall health and prior screening history.
- Men 65 and older no longer need colorectal cancer 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.

Spec. Info:

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