

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. Checking for a disease when there are no signs is called **screening**. All adults are urged to 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 2008 American Cancer Society recommendation. They are for people who are at regular risk. Some men have a higher risk for a certain kind 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 might need to begin screening earlier and have it more often if you have 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. Other factors, like your genes, you have no control over. In some cases you may be referred to see a Genetic Counselor for an assessment.

Here are common types of cancers that affect men and some factors 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.

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Learn more about your health care.

Prostrate

Risk Factors	Screening for regular risk
<ul style="list-style-type: none"> • Family history of prostate cancer • Being African American • Being older most prostate cancer is found in men who are over 65 • Eating a diet high in animal fat or high fat dairy products 	<ul style="list-style-type: none"> • Beginning at age 50 talk with your doctor about getting screened for prostate cancer. • If you have any risk factors you may need to begin screening between ages 40 to 45. Discuss this with your doctor. • The American Cancer Society recommends that beginning at age 50 a digital rectal exam and PSA blood test should be offered each year to men who have at least a 10 year life expectancy and to younger men who have higher risk. • Usual screening tests are yearly: <ol style="list-style-type: none"> 1. Prostate Specific Antigen (PSA) blood test 2. Digital rectal examination (DRE)

Testicular

Risk Factors	Screening for regular risk
<ul style="list-style-type: none"> • Usually found between ages of 20-54, but it 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 may choose to 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 regular 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 tobacco • Heavy alcohol use • Family history of a hereditary colorectal cancer syndrome or adenomatous polyps • Type 2 diabetes • History of colon or rectal cancer, colorectal polyps, or chronic inflammatory bowel disease (such as Crohn's Disease) 	<p>Talk to your doctor about which test is best for you. Starting at age 50 you should have:</p> <ul style="list-style-type: none"> • Yearly fecal occult blood test (FOBT) or fecal immunochemical test (FIT) using the multiple sample method or • Flexible sigmoidoscopy or • Colonoscopy every 10 years or • Double contrast barium enema exam every 5 years or • CT colonography (virtual colonoscopy) every 5 years

Lung Cancer

Risk Factors	Prevention
<ul style="list-style-type: none"> • Tobacco smoking • Exposure to second hand smoke • Family or personal history of lung cancer • Exposure to cancer-causing agents in the workplace or the environment at significant levels Ex: asbestos, fibers, radon, some chemicals, uranium, arsenic, vinyl chloride, diesel exhaust 	<ul style="list-style-type: none"> • The best way to prevent lung cancer is to stop smoking or never start. At this time there is no good way to check for lung cancer. The American Cancer Society does not recommend routine screening. Clinical trials are searching for ways to check for lung cancer. • Smoking causes over 85% of lung cancers.

Skin

Risk	Screening for regular 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 occupational exposures such as coal tar, pitch, creosote, arsenic or radium 	<ul style="list-style-type: none"> • Look over your skin every month. Check for abnormal or changing areas, especially moles. • Skin exam during a regular health checkup

This advice is up-to-date now, but progress brings frequent changes.

Research at The James and elsewhere is bringing us closer to better answers. New discoveries happen often—so often that it is difficult for printed material to keep up with changes. These recommendations are current at the time of this writing.

The American Cancer Society, American Heart Association and American Diabetes Association have joined together on this advice:

To try 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.
- Don't smoke or use tobacco. Ask for help to quit.
- Limit your alcoholic beverages to 1 drink per day for women and 2 per day for men.

Here are places you may check to see if there is more current general information:

- JamesLine at 1-800-293-5066 or on the web at <http://www.jamesline.com>
- American Cancer Society at 1-800-ACS-2345 or on the web at <http://www.cancer.org>
- The National Comprehensive Cancer Network at <http://www.nccn.org>
- National Cancer Institute 1-800-4 CANCER (800-422-6237) on the web at <http://cancer.gov>

Related OSUMC material:

- ABCD's of Melanoma and Skin Self-Exam
- Cancer Genetics Consultation
- Cancer Screening
- Colorectal Cancer Screening
- Irritable Bowel Syndrome
- Prostate Cancer Prostate
- Quick Guide to Stop Smoking
- Sun Safety Tips
- Testicular Self-Examination

☒ **Talk to your doctor or other health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3703 or email: health-info@osu.edu.**