



A lot of progress has been made in cancer research, but we still don't understand exactly what causes most cancers. We do know that many factors put us at higher risk for different cancers. Some of these factors are beyond our control, but there are others that we can do something about. Today there are tests that can help us detect some cancers in their earliest stages, when they are still small, have not spread, and are easiest to treat.

Here is some information about the most common cancers in men. The first column shows what can increase your risk (risk factors). The second column shows how you may be able to lower this risk. The early detection column shows ways to find the cancer early, when it's most easily and successfully treated. The last column on each sheet is for you to write down your own plan to help reduce your risk or detect cancer early.

It's important to know that some factors may place you at higher risk than others, and some actions may lower your risk more than others. Also, many cancers develop without any known risk factors present. For a more complete explanation of cancer risk factors, visit our Web site at www.cancer.org, or call us any time, day or night, at 1-800-227-2345. If you have risk factors or haven't had your early detection tests when they were due, please take this worksheet and talk to your doctor about it.

Cancer-related check-ups

The American Cancer Society recommends that after age 20 all men get cancer-related check-ups as part of general health visits. This check-up should include health counseling and might include looking for cancers of the skin, thyroid, mouth, lymph nodes, and testicles, as well as for some diseases other than cancer.

Special tests for certain cancers are recommended as outlined on the worksheets.

Skin Cancer

Risk factors	Risk reduction	Early detection	Your action plan:
<ul style="list-style-type: none"> <input type="checkbox"/> Have you ever sunbathed? <input type="checkbox"/> Have you used tanning beds or sunlamps? <input type="checkbox"/> Do you have pale skin and blond or red hair? <input type="checkbox"/> Do you sunburn easily or have many freckles? <input type="checkbox"/> Did you have severe sunburns as a child? <input type="checkbox"/> Do you have many or unusually shaped moles? <input type="checkbox"/> Do you live in a southern climate or at a high altitude? <input type="checkbox"/> Do you spend a lot of time outdoors (for work or recreation)? <input type="checkbox"/> Have you ever had radiation treatment? <input type="checkbox"/> Has anyone in your family had skin cancer? <input type="checkbox"/> Do you have a weakened immune system due to an organ transplant, HIV infection, or another condition? <input type="checkbox"/> Were you born with xeroderma pigmentosum (XP), basal cell nevus syndrome, or dysplastic nevus syndrome? <input type="checkbox"/> Have you been exposed to any of the following chemicals? <ul style="list-style-type: none"> <input type="checkbox"/> Arsenic <input type="checkbox"/> Industrial tar <input type="checkbox"/> Paraffin <input type="checkbox"/> Radium <p>For more information on risk factors, read What are the risk factors for melanoma? and What are the risk factors for squamous and basal cell skin cancer? on www.cancer.org.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Stay out of the sun as much as possible, especially between 10 a.m. and 4 p.m. <input type="checkbox"/> Wear a broad-brimmed hat, a shirt, and UV-protective sunglasses when out in the sun. <input type="checkbox"/> Use a sunscreen with an SPF of 15 or higher, and reapply it often. <input type="checkbox"/> Wear wrap-around sunglasses with at least 99% UV absorption, labeled as blocking UVA and UVB light; or "UV absorption to 400 nm," which means UVA and UVB protection. <input type="checkbox"/> Do not use tanning beds or sunlamps. <input type="checkbox"/> Protect young children from excess sun exposure. <input type="checkbox"/> Check your skin often for abnormal or changing areas, especially moles, and have them checked by a doctor. <p>For more information on reducing your risk, read Can melanoma be prevented? and Can squamous and basal cell skin cancer be prevented? on www.cancer.org.</p>	<p>Regular self exam:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Become familiar with any moles, freckles, or other spots on your skin. Use a mirror or have a family member or close friend look at areas you can't see (ears, scalp, lower back). For information on skin self-exam, read Skin Cancer Prevention and Early Detection on www.cancer.org. <input type="checkbox"/> Check for skin changes once a month. Show any suspicious or changing areas to a doctor. <p>Cancer-related check-up (including skin exam) with your doctor is recommended during regular visits for people age 20 and older, especially those with risk factors for skin cancer.</p> <p>For more information on early detection, read Can melanoma be found early? and Can squamous and basal cell skin cancer be found early? on www.cancer.org.</p>	<p>Steps to lower your risk:</p> <p>Early detection:</p>

