Prevention Checklist for Men

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:
❑ Have you ever sunbathed? ❑ Have you used tanning beds or sunlamps? ❑ Do you have pale skin and blond or red hair? ❑ Do you sunburn easily or have many freckles? ❑ Did you have severe sunburns as a child? ❑ Do you have many or unusually shaped moles? ❑ Do you live in a southern climate or at a high altitude? ❑ Do you spend a lot of time outdoors (for work or recreation)? ❑ Have you ever had radiation treatment? ❑ Has anyone in your family had skin cancer? ❑ Do you have a weakened immune system due to an organ transplant, HIV infection, or another condition? ❑ Were you born with xeroderma pigmentosum (XP), basal cell nevus syndrome, or dysplastic nevus syndrome? ❑ Have you been exposed to any of the following chemicals? ○ Arsenic ○ Coal tar (concentrated or prolonged exposures at work) ○ Paraffin ○ Radium 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.	❑ Stay out of the sun as much as possible, especially between 10 a.m. and 4 p.m. ❑ Wear a broad-brimmed hat, a shirt, and UV-protective sunglasses when out in the sun. ❑ Use a sunscreen with an SPF of 15 or higher, and reapply it often. ❑ 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. ❑ Do not use tanning beds or sunlamps. ❑ Protect young children from excess sun exposure. ❑ Check your skin often for abnormal or changing areas, especially moles, and have them checked by a doctor. 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.	**Regular self exam:** ❑ 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. ❑ Check for skin changes once a month. Show any suspicious or changing areas to a doctor. **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. 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.	Steps to lower your risk: Early detection:

Prostate cancer

Risk factors	Risk reduction	Early detection	Your action plan:
❑ Are you older than 50? ❑ Are you African American? ❑ Do you have a father, brother, or son who was diagnosed with prostate cancer before they were 65? ❑ Do you eat a lot of red meat or high-fat dairy products and tend to eat fewer fruits and vegetables? ❑ Are you overweight? For more information on risk factors, read What are the risk factors for prostate cancer? on www.cancer.org.	❑ Eat plenty of fruits, vegetables, and whole grains, and limit your intake of red meats (beef, pork, or lamb), especially high fat or processed meats (like deli meats, hot dogs, and bacon). ❑ Get to and stay at a healthy weight. ❑ Be physically active. For more information on exercise, read Fitting in Fitness on www.cancer.org. ❑ Talk to a doctor about whether medicine to reduce prostate cancer risk may be right for you. For more information on reducing your risk, see Can prostate cancer be prevented? on www.cancer.org.	❑ Talk to a doctor about the uncertainties, risks, and potential benefits of prostate cancer testing (screening) so that you can make an informed decision about whether to get tested. ❑ Start these talks when you are 50 if you are at average risk and are expected to live at least 10 more years. ❑ Start these talks when you are 45 if you are at high risk. (You are at high risk if you are African American, or have a son, father, or brother diagnosed with prostate cancer before they were 65.) ❑ Start these talks when you are 40 if you have more than one close relative (father, brother, or son) diagnosed before they were 65. ❑ If you decide to be tested, a PSA (prostate-specific antigen) blood test should be done as a part of screening. Your doctor may also do a digital rectal exam (DRE). For more information on early detection, read Can prostate cancer be found early? on www.cancer.org.	Steps to lower your risk: Early detection:

Lung cancer

Risk factors	Risk reduction	Early detection	Your action plan:
❑ Do you smoke tobacco? ❑ Do you now or have you ever worked around asbestos? ❑ Are you or have you been exposed to radon? ❑ Have you been exposed to any of these in your workplace? o Uranium o Arsenic o Vinyl chloride ❑ Do you smoke marijuana? ❑ Are you now or have you been regularly exposed to secondhand smoke? ❑ Do you have family members who have had lung cancer? For more information on risk factors, read What are the risk factors for lung cancer? on www.cancer.org.	❑ Quit smoking. ❑ Encourage those you live or work with to quit. ❑ Avoid areas where people are smoking around you. ❑ Some people choose to contact their state's radon office or the US Environmental Protection Agency to learn about having their homes checked for radon. ❑ Use precautions when working with cancer-causing chemicals, or avoid them altogether. For more information on reducing your risk, read Can lung cancer be prevented? on www.cancer.org.	The American Cancer Society has thoroughly reviewed the subject of lung cancer screening and issued guidelines that are aimed at doctors and other health care providers: ❑ Patients should be asked about their smoking history. ❑ Patients who meet ALL of the following criteria may be candidates for lung cancer screening: o 55 to 74 years old, o In fairly good health o Have at least a 30 pack-year smoking history, AND o Are either still smoking or have quit smoking within the last 15 years. ❑ Doctors should talk to these patients about the benefits, limitations, and potential harms of lung cancer screening. ❑ Patients who decide to start screening should be screened with low-dose CT scans yearly through age 74 as long as they remain in good health For more information on early detection, read Can lung cancer be found early? on www.cancer.org.	Steps to lower your risk: Early detection:

Colorectal cancer

Risk factors	Risk reduction	Early detection	Your action plan:
❑ Have you ever had colon or rectal cancer? ❑ Has anyone in your family had colon or rectal cancer? ❑ Do you have a colorectal cancer syndrome in your family, such as familial adenomatous polyposis (FAP) or hereditary nonpolyposis colon cancer (HNPCC), also called Lynch syndrome? ❑ Have you ever had a type of intestinal polyp called an adenomatous polyp? ❑ Have you had a chronic inflammatory bowel disease such as Crohn's disease or ulcerative colitis for several years? ❑ Are you older than 50? ❑ Do you eat a lot of red meat (beef, pork, lamb) or processed meats (deli meat, hot dogs, bacon)? ❑ Are you physically inactive? ❑ Are you overweight? ❑ Do you use tobacco? ❑ Do you drink more than 2 alcoholic drinks per day? For more information on risk factors, read What are the risk factors for colorectal cancer? on www.cancer.org.	❑ Follow early detection (screening) guidelines to find and remove adenomatous polyps before they become cancer. ❑ Increase the intensity and amount of physical activity you get each week. For more information on nutrition and exercise, read our Guidelines on Nutrition and Physical Activities for Cancer Prevention on www.cancer.org. ❑ Get to and stay at a healthy weight. ❑ Eat plenty of fruits, vegetables, and whole-grain foods, and limit processed meats and red meats. ❑ Quit smoking. ❑ Cut back to no more than 2 alcoholic drinks per day, if you drink at all. For more information on risk reduction, read Can colorectal cancer be prevented? on www.cancer.org.	**Starting at age 50,*** you should follow one of the 6 options below. The tests that find both early cancer and polyps are preferred if these tests are available and you are willing to have one of them. Talk to your doctor about which test is best for you. **Tests that can find polyps and cancer:** ❑ Double-contrast barium enema every 5 years ❑ Flexible sigmoidoscopy every 5 years ❑ Colonoscopy every 10 years ❑ CT colonography (virtual colonoscopy) every 5 years **Tests that mainly find cancer:** ❑ Yearly take-home package for fecal occult blood test (FOBT), or fecal immunochemical test (FIT) *Talk to your doctor about starting testing at a younger age and/or more often if you have any of these risk factors: ❑ A parent, sibling, or child younger than 60 (or in 2 such relatives of any age) with colorectal cancer or polyps. ❑ Colorectal cancer syndromes in your family ❑ You have had colon or rectal cancer or adenomatous polyps ❑ You have or have had chronic inflammatory bowel disease for several years For more information on early detection, read Can colorectal polyps and cancer be found early? on www.cancer.org.	Steps to lower your risk: Early detection:

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