



## 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 is 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](http://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 testes, as well as for some diseases other than cancer.

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







