



Cancer Prevention and Early Detection Worksheet for Men

While a tremendous amount of progress has been made in cancer research, we still don't understand exactly what causes most cancers. We do know that many factors place 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. And today we have tests that can help us detect some cancers in their earliest stages.

Below you will find helpful information on the most common cancers that can affect you as a man. The first column on the checklist shows what can increase your risk, and the second one shows how you can lower this risk. The early detection column shows ways that you can detect the cancer early, when it is most easily treated. The final column on the worksheet allows room for you to write down your own plan of action to help reduce your risk or detect the 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. 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-ACS-2345 (1-800-227-2345). And if you have any risk factors or haven't had your early detection tests when they were due, please take this worksheet and discuss it with your doctor.

Cancer-Related Check-ups

The American Cancer Society recommends that all men get cancer-related check-ups as part of general health visits after age 20. This check-up should include health counseling and, depending on your age, 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 below.

