



## 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. However, we do know of many factors that place us at increased risk for different cancers. Some of these factors are beyond our control, but there are others that we can do something about. And today, more than ever before, we have screening tests available to help us some 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 – what puts you at risk, how you can lower this risk, and ways that you can make sure that if you do develop cancer, it is found 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 combat cancer.

It's important to realize that some factors may place you at higher risk than others, and some behaviors may lower your risk more than others. Many cancers develop without any of these risk factors present. There is not enough room here to go into more detail - this is intended only as a general guide. For a more thorough explanation of cancer risk factors, visit our Cancer Resource Center at [www.cancer.org](http://www.cancer.org), or call us any time, day or night, at 1-800-ACS-2345. And if you have any risk factors or haven't had your early detection tests, please take this worksheet and discuss this with your doctor.

### Screening for Cancer in General

The American Cancer Society recommends that all men get a cancer-related checkup every 3 years between the ages of 20 and 40, and every year thereafter. This checkup should include health counseling and, depending on a person's age, might include examinations 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.

## Prostate Cancer

Risk Factors	Preventive Behaviors	Screening Tests	Your Action Plan:
<ul style="list-style-type: none"> <li>' Are you over age 50?</li> <li>' Are you African American?</li> <li>' Do you eat a diet high in fat?</li> <li>' Are you overweight?</li> <li>' Are you inactive?</li> <li>' Do you have a family history of prostate cancer?</li> </ul>	<ul style="list-style-type: none"> <li>' Eating a diet low in fat and high in vegetables, fruits, and grains.</li> <li>' Getting at least 30 minutes of physical activity on most days.</li> <li>' Achieving and maintaining a healthy weight.</li> </ul>	<ul style="list-style-type: none"> <li>' Consider a yearly PSA blood test and digital rectal exam starting at age 50, or at age 45 if you are at high risk (African American, or have a father or brother diagnosed with prostate cancer at a young age).</li> <li>' Talk to your doctor about the pros and cons of prostate cancer screening.</li> </ul>	<p>Steps to Lower Your Risk:</p> <p>Screening:</p>

## Lung Cancer

Risk Factors	Preventive Behaviors	Screening Tests	Your Action Plan:
<ul style="list-style-type: none"> <li>' Do you smoke tobacco?</li> <li>' Do you work around asbestos?</li> <li>' Have you been exposed to radon?</li> <li>' Have you been exposed to uranium?</li> <li>' Have you been exposed to arsenic?</li> <li>' Have you been exposed to vinyl chloride?</li> <li>' Do you smoke marijuana?</li> <li>' Are you regularly exposed to secondhand smoke?</li> </ul>	<ul style="list-style-type: none"> <li>' Quitting smoking.</li> <li>' Encouraging those you live with or work with to quit.</li> <li>' If you smoke, let your doctor know if you develop any of the following symptoms (some may have causes other than cancer):             <ul style="list-style-type: none"> <li>▪ A cough that does not go away</li> <li>▪ Chest pain, often aggravated by deep breathing</li> <li>▪ Hoarseness</li> <li>▪ Weight loss and loss of appetite</li> <li>▪ Bloody or rust-colored sputum (spit or phlegm)</li> <li>▪ Shortness of breath</li> <li>▪ Fever without a known reason</li> <li>▪ Recurring infections such as bronchitis and pneumonia</li> <li>▪ New onset of wheezing</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>' None have been found to be effective. Usually found on x-ray, but there are often no symptoms.</li> <li>' Talk to your doctor about possible screening if you have any of the risk factors listed.</li> </ul>	<p>Steps to Lower Your Risk:</p> <p>Screening:</p>



