

Prevention Checklist for Men

Great 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. And today we have tests that can help us detect some cancers in their earliest stages, when they are still small and have not spread.

Here 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 (risk factors), and the second one shows how you may be able to lower this risk. The early detection column shows ways that you may be able to find the cancer early, when it is most easily treated. The final column on each sheet allows room for you to write down your plan 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. 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. And 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 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 on the worksheets.

Prostate cancer

Risk factors	Risk reduction	Early detection	Your action plan:
 □ Are you over age 50? □ Are you African American? □ Do you have a father, brother, or son who was diagnosed with prostate cancer before age 65? □ Are you obese (very overweight)? 	□ 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 luncheon meats, hot dogs, and bacon) □ Get to and stay at a healthy weight □ Talk to a doctor about	□ 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 at age 50 if you are at average risk and are expected to live at least 10 more years □ Start these talks at age 45 if	Steps to lower your risk:
factors, read What Are the Risk Factors for Prostate Cancer? on www.cancer.org	whether medicine to reduce prostate cancer risk may be right for you For more information on reducing your risk, see Can	you are at high risk (if you are African American, or have a father or brother diagnosed with prostate cancer before age 65) Start these talks at age 40 if you have more than one close	Early detection:
	Prostate Cancer Be Prevented? on www.cancer.org	relative (father, brother, or son) diagnosed before age 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 <u>Can Prostate</u> <u>Cancer Be Found Early?</u> on www.cancer.org	

Lung cancer

Risk factors	Risk reduction	Early detection	Your action plan:
Risk factors □ 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 in your workplace to any of these? □ Uranium □ Arsenic □ Vinyl chloride □ Do you smoke marijuana? □ Are you now or have you been regularly exposed to	Risk reduction Quit smoking Encourage those you live with 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	No screening tests have been proven to diagnose lung cancer early enough to improve survival. Lung cancer is usually found on x-ray, and there are often no symptoms. For more information, read Can Lung Cancer Be Found Early? on www.cancer.org If you have any of the risk factors listed, talk to your doctor about early detection.	Your action plan: Steps to lower your risk: Early detection:
	For more information on reducing your risk, read Can Lung Cancer Be Prevented? on www.cancer.org		Early detection.

Colorectal cancer

Risk factors	Risk reduction	Early detection	Your action plan:
 □ Have you ever had colorectal cancer? □ Has anyone in your family had colon or rectal cancer? □ Do you have a colorectal cancer syndrome in your 	Follow early detection (screening) guidelines to find and remove adenomatous polyps before they become cancer	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 to you and you are willing to have one of them. Talk to your doctor about which test is best for you.	Steps to lower your risk:
family, such as familial adenomatous polyposis (FAP) or hereditary nonpolyposis colon cancer (HNPCC), also called Lynch syndrome? Have you ever had a type of	Get at least 30-45 minutes of physical activity on at least 5 days per week For more information on exercise, read At a Glance—Nutrition and	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	
intestinal polyp called an adenomatous polyp? Have you had chronic inflammatory bowel disease such as Crohn's disease or ulcerative colitis for several	Physical Activities on www.cancer.org Get to and stay at a healthy weight Eat plenty of fruits, vegetables, and whole-	Tests that mainly find cancer: ☐ Yearly take-home package for fecal occult blood test (FOBT), or fecal immunochemical test (FIT) ☐ Stool DNA test (sDNA), interval uncertain	Early detection:
years? Are you over 50 years of age? Do you eat a lot of red meat (beef, pork, lamb) or processed meats (luncheon meat, hotdogs, bacon)? Are you physically inactive?	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	*Talk to your doctor about starting testing at a younger age and/or more often if you have any of these risk factors: ☐ Colorectal cancer or polyps in a parent, sibling, or child younger than 60 (or in 2 such relatives of any age) ☐ Colorectal cancer syndromes in your family	
 □ Are you overweight? □ Do you use tobacco? □ Do you average 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 	For more information on risk reduction, read <u>Can</u> <u>Colorectal Cancer Be</u> <u>Prevented?</u> on www.cancer.org	 You have had colorectal cancer or adenomatous polyps You have or have had chronic inflammatory bowel disease for several years For more information on early detection, read <u>Can Colorectal Polyps and Cancer Be Found Early?</u> on www.cancer.org 	

Skin cancer

Risk factors	Risk reduction	Early detection	Your action plan:
 □ Do you or have you sunbathed? □ Do you or 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 ○ Paraffin ○ Radium 	□ Stay out of the sun as much as possible, especially between 10 am and 4 pm □ 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	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	Steps to lower your risk: Early detection:
For more information on risk factors, read What Are the Risk Factors for Melanoma? or What Are the Risk Factors for Squamous and Basal Cell Skin Cancer? on www.cancer.org	For more information on reducing your risk, read <u>Can</u> <u>Melanoma Be Prevented?</u> or <u>Can Squamous and Basal</u> <u>Cell Skin Cancer Be</u> <u>Prevented?</u> on www.cancer.org	For more information on early detection, read <u>Can</u> <u>Melanoma Be Found Early?</u> or <u>Can Squamous and Basal Cell Skin Cancer Be Found Early?</u> on www.cancer.org	