



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.

We're available to answer your questions about cancer any time, day or night. Call us at 1-800-227-2345, or visit us online at www.cancer.org.

Lung cancer

Risk factors	Risk reduction	Early detection	Your action plan:
<ul style="list-style-type: none"> <input type="checkbox"/> Do you smoke tobacco? <input type="checkbox"/> Do you now or have you ever worked around asbestos? <input type="checkbox"/> Are you or have you been exposed to radon? <input type="checkbox"/> Have you been exposed in your workplace to any of these? <ul style="list-style-type: none"> o Uranium o Arsenic o Vinyl chloride <input type="checkbox"/> Do you smoke marijuana? <input type="checkbox"/> Are you now or have you been regularly exposed to secondhand smoke? <input type="checkbox"/> Do you have family members who have had lung cancer? <p>For more information on risk factors, read What Are the Risk Factors for Lung Cancer? on www.cancer.org</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Quit smoking <input type="checkbox"/> Encourage those you live with or work with to quit <input type="checkbox"/> Avoid areas where people are smoking around you <input type="checkbox"/> 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 <input type="checkbox"/> Use precautions when working with cancer-causing chemicals, or avoid them altogether <p>For more information on reducing your risk, read Can Lung Cancer Be Prevented? on www.cancer.org</p>	<p>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.</p> <p>For more information, read Can Lung Cancer Be Found Early? on www.cancer.org</p> <p>If you have any of the risk factors listed, talk to your doctor about early detection.</p>	<p>Steps to lower your risk:</p> <p>Early detection:</p>

