



Promoting community cancer awareness:
MEN'S CANCER SCREENINGS

Taking Control of Your Health

Cancer is most curable in its early stages. At the Barbara Ann Karmanos Cancer Institute, we know that routine screenings save lives every day. Take control of your health and talk with a health care provider to make an informed decision on which screenings are right for you.

Men's Cancer Screenings by Age
(for men at average risk)*

18-49

- Have a regular testicular exam by a health care provider
- Have a regular skin exam performed by a health care provider and practice monthly skin self-exams

45+

- If you are African-American or your brother, father or son were diagnosed with prostate cancer before age 65, talk with a health care provider about the pros and cons of prostate screening

50+

- Follow guidelines for the 18-49 age group, plus:
- All men should talk with a health care provider about the benefits and risks of prostate screening
- Have an annual stool test for colorectal cancer and either a flexible sigmoidoscopy every five years or a colonoscopy every 10 years

Testicular

Who: Adult men, especially those in their twenties and thirties, are at greater risk of testicular cancer. Men with an undescended testicle are also at an increased risk.

What: Have an annual testicular examination as part of a routine physical exam by a health care provider. Men can also increase awareness by practicing monthly self-exams to check for lumps or changes.

Why: Testicular cancer is highly curable when caught early. Report any lumps or changes in your testes to a health care provider.

Prostate

Who: Men of average risk who are 50 and older have a greater risk of prostate cancer, as well as African-American men or men with a family history of members with cancer who are 45 and older.

What: Talk with a health care provider about the pros and cons of prostate screening. Tests may include a yearly prostate specific antigen (PSA) blood test and a digital rectal exam (DRE).

Why: Prostate cancer can sometimes be caught early with screening tests, but men must understand the potential risks and benefits of testing in order to make an informed decision.

Colorectal

Who: Men of average risk, age 50 and older, should talk to their health care provider about the pros and cons of colorectal screening. People with increased risk should ask about screening before age 50. Risk factors include a family history of colorectal cancer, a personal history with the disease or your racial/ethnic background, which may put you at greater risk for the disease.

What: Have a colonoscopy every 10 years, or one of the following every five years: a flexible sigmoidoscopy, double-contrast barium enema or virtual colonoscopy. Also ask about yearly tests, such as a Fecal Occult Blood Test (FOBT) or a DNA stool test.

Why: Screening for colorectal cancer is especially important because polyps can be found and removed before they become cancerous.

Lung

Who: Men who are age 55 - 80 and have a 30 pack a year (or 2 packs for 15 years) smoking history should be screened for lung cancer.

What: Lung cancer screening is done with low-dose spiral CT scans. CT scans can take detailed pictures of the lungs that can detect cancer early.

Why: Lung cancer is the leading cancer killer in men. Nearly 90 percent of cases are attributed to smoking. Quitting smoking is one of the best ways to help promote lung health.

Skin

Who: Adult men, especially those with fair skin and light colored hair, a history of sunburns or tanning bed use, are at an enhanced risk of skin cancer.

What: A monthly skin self-exam and an annual full body skin exam as part of a routine physical exam should be performed by a health care provider.

Why: Skin cancer is the most common type of cancer. Melanoma is the deadliest form, and can appear anywhere on the body. Watch for moles that change size, shape or color or new moles and skin spots.

*This information is intended to serve as guidelines only. Screening needs vary for each individual depending on your overall cancer risk. Please consult with a physician to decide what screenings are right for you and to make an informed decision.

Did you know? Men can get breast cancer. Report any lumps or changes in your chest area to a health care provider.

FOR MORE INFORMATION

If you would like to learn more about any of these topics, please visit Karmanos.org or call the Patient & Community Education department at 1-800-527-6266.

Information you can trust is also available from the following sources:

American Cancer Society
877-ACS-2345
Cancer.org

National Cancer Institute
800-4-CANCER
Cancer.gov



CANCER INSTITUTE

Wayne State University

1-800-KARMANOS
karmanos.org

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