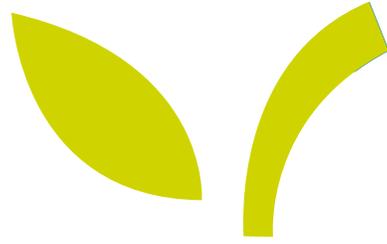


Men's health and cancer screening



Want to take charge of your health — and your life? Getting a cancer screening can help. Screenings can provide peace of mind for many men, and may help to extend life for many others.

Screening early is important

Screening is a good way to find the cancers that most often affect men. These include cancer of the skin, the prostate, the lungs and the colon. When a cancer is found early, it is easier to treat, and the chances of success are greater.

Know the facts

Cancer screening, while important, does have some risks. Sometimes a doctor will see something that looks like a cancer, but is not. And sometimes a doctor will miss a cancer. Your doctor can tell you more about the benefits and risks of getting a cancer screening.

How to lower your risk

Want to help protect yourself against cancer? Here are some simple things you can do to stay healthy:

- Stay at a healthy weight
- Exercise regularly
- Get plenty of rest
- Don't drink alcohol, or limit your drinking to no more than two drinks a day
- Don't smoke, and avoid secondhand smoke
- Protect your skin from the sun, and avoid tanning beds

See other side for a simple guide to cancer screenings



Every year, more than 300,000 men in the U.S. lose their lives to cancer. The good news is that many cancers can be found early through a simple screening.

A simple guide to cancer screenings

The chart below lists some cancer screenings you may want to have done. It also provides a place to write in screenings for diabetes, high blood pressure or other common conditions. Talk to your doctor about the health screenings you may need.

Type of cancer	Colorectal (colon) cancer	Lung cancer	Prostate cancer	Skin cancer
				
Screening method	Colonoscopy, sigmoidoscopy or fecal occult blood testing (FOBT)	Low-dose CT scan	Digital rectal exam (DRE) and prostate-specific antigen (PSA) test	Periodic total-body examinations by a clinician
When to get screened	If you are 50 to 75 years old, get tested. The schedule depends on the type of test used.	If you are 55 to 80 years old and are a heavy smoker or a past smoker who quit within the last 15 years, get a low-dose CT scan every year.	Talk to your doctor. The U.S. Preventive Services Task Force recommends against PSA screening for men who do not have symptoms.	Talk to your doctor. The U.S. Preventive Services Task Force has concluded that there is not enough evidence to recommend for or against routine skin cancer screening.

Information in this chart provided by the Centers for Disease Control and Prevention (CDC).

Talk with your doctor about when and how often you should be screened. Depending on your personal health history, or screening results, your doctor may recommend a different screening schedule.

Other conditions or diseases	Screening or testing method	When to get screened or tested

To learn more, visit <http://www.cdc.gov/cancer/index.htm> or <http://www.cdc.gov/cancer/dcpc/prevention/screening.htm>.

Sources:

<http://blogs.cdc.gov/cancer/files/2016/06/cheat-sheet-mens-cancer-screenings.pdf>

<http://www.cdc.gov/cancer/dcpc/resources/features/CancerAndMen/index.htm>

<http://blogs.cdc.gov/cancer/2016/06/13/mens-cancer-screening-cheat-sheet/>



This information is general in nature. It is not meant to replace the advice or care you get from your doctor or other health care professionals. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider.

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