



## 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 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.

Below you will find helpful information on the most common cancers that can affect you as a man. A checklist shows what can increase your risk, and a second list shows how you can lower this risk. The early detection column shows ways that you can detect cancer 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 help prevent or detect cancer.

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. Many cancers develop without any known risk factors present. For a more thorough explanation of cancer risk factors, visit our Cancer Reference Information section 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 it with your doctor.

### **Cancer-Related Checkups**

The American Cancer Society recommends that all men get cancer-related checkups as part of general health visits after age 20. This checkup 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 below.

## Prostate Cancer

Risk Factors	Preventive Behaviors	Early Detection	Your Action Plan:
<ul style="list-style-type: none"> <li><input type="checkbox"/> Are you over age 50?</li> <li><input type="checkbox"/> Are you African American?</li> <li><input type="checkbox"/> Do you eat a lot of saturated fat?</li> <li><input type="checkbox"/> Are you overweight?</li> <li><input type="checkbox"/> Has anyone in your family had prostate cancer?</li> </ul> <p>For more information on risk factors, read <a href="#">What Are the Risk Factors for Prostate Cancer?</a> on <a href="http://www.cancer.org">www.cancer.org</a>.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Eat plenty of fruits and vegetables, and limit foods that are high in saturated fats, such as red meats and high-fat dairy products</li> <li><input type="checkbox"/> Achieve and maintain a healthy weight</li> </ul> <p>For more information on preventive behaviors, see <a href="#">Can Prostate Cancer Be Prevented?</a> on <a href="http://www.cancer.org">www.cancer.org</a>.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 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 before age 65)</li> <li><input type="checkbox"/> Talk to your doctor about the pros and cons of prostate cancer testing</li> </ul> <p>For more information on early detection, read <a href="#">Can Prostate Cancer Be Found Early?</a> on <a href="http://www.cancer.org">www.cancer.org</a>.</p>	<p>Steps to Lower Your Risk (Prevention):</p> <p>Early Detection:</p>

## Lung Cancer

Risk Factors	Preventive Behaviors	Early Detection	Your Action Plan:
<ul style="list-style-type: none"> <li><input type="checkbox"/> Do you smoke tobacco?</li> <li><input type="checkbox"/> Do you now or have you ever worked around asbestos?</li> <li><input type="checkbox"/> Are you or have you been exposed to radon?</li> <li><input type="checkbox"/> Have you been exposed to uranium, arsenic, or vinyl chloride in your workplace?</li> <li><input type="checkbox"/> Do you smoke marijuana?</li> <li><input type="checkbox"/> Are you now or have you been regularly exposed to secondhand smoke over several years?</li> </ul> <p>For more information on risk factors, read <a href="http://www.cancer.org">What Are the Risks for Lung Cancer?</a> on <a href="http://www.cancer.org">www.cancer.org</a>.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Quit smoking</li> <li><input type="checkbox"/> Encourage those you live with or work with to quit</li> <li><input type="checkbox"/> Avoid areas where people are smoking around you</li> <li><input type="checkbox"/> Some people choose to contact their state's radon office or the US Environmental Protection Agency to learn about having their basements checked for radon</li> </ul> <p>For more information on preventive behaviors, read <a href="http://www.cancer.org">Can Lung Cancer Be Prevented?</a> on <a href="http://www.cancer.org">www.cancer.org</a>.</p>	<p>No tests have been found to diagnose lung cancer early enough to make a difference in survival. Lung cancer is usually found on x-ray, and there are often no symptoms.</p> <p>For more information, read <a href="http://www.cancer.org">Can Lung Cancer Be Found Early?</a> on <a href="http://www.cancer.org">www.cancer.org</a>.</p> <p><b>If you have any of these risk factors:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Talk to your doctor if you have any of the risk factors listed</li> </ul>	<p>Steps to Lower Your Risk (Prevention):</p> <p>Early Detection:</p>

## Colorectal Cancer

Risk Factors	Preventive Behaviors	Early Detection	Your Action Plan:
<ul style="list-style-type: none"> <li><input type="checkbox"/> Has anyone in your family had colon or rectal cancer?</li> <li><input type="checkbox"/> Do you have a colorectal cancer syndrome in your family, such as familial adenomatous polyposis (FAP) or hereditary nonpolyposis colon cancer (HNPCC)?</li> <li><input type="checkbox"/> Have you ever had colorectal cancer?</li> <li><input type="checkbox"/> Have you ever had a type of intestinal polyp called adenomatous polyp?</li> <li><input type="checkbox"/> Have you had chronic inflammatory bowel disease such as Crohn's disease or ulcerative colitis for several years?</li> <li><input type="checkbox"/> Are you over 50 years of age?</li> <li><input type="checkbox"/> Do you eat a lot of red meat or luncheon meats?</li> <li><input type="checkbox"/> Are you physically inactive?</li> <li><input type="checkbox"/> Are you overweight?</li> <li><input type="checkbox"/> Do you use tobacco?</li> <li><input type="checkbox"/> Do you average more than 2 alcoholic drinks per day?</li> </ul> <p>For more information on risk factors, read <a href="#">What Are the Risk Factors for Colorectal Cancer?</a> on <a href="http://www.cancer.org">www.cancer.org</a>.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Follow early detection guidelines to find and remove adenomatous polyps before they become cancer</li> <li><input type="checkbox"/> Get at least 30-45 minutes of physical activity on at least 5 days per week For more information on exercise, read <a href="#">At a Glance—Nutrition and Physical Activities</a> on <a href="http://www.cancer.org">www.cancer.org</a>.</li> <li><input type="checkbox"/> Achieve and maintain a healthy weight</li> <li><input type="checkbox"/> Eat plenty of fruits, vegetables, and whole grain foods, and limit foods high in saturated fat, like high-fat dairy products, processed meats, and red meats</li> <li><input type="checkbox"/> Quit smoking</li> <li><input type="checkbox"/> Cut back to no more than 2 alcoholic drinks per day, if you drink at all</li> </ul> <p>For more information on preventive behaviors, read <a href="#">Can Colorectal Cancer Be Prevented?</a> on <a href="http://www.cancer.org">www.cancer.org</a>.</p>	<p><b>Beginning at age 50, you should follow one of the five early detection options below:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Yearly take-home package for fecal occult blood test (FOBT) or fecal immunochemical test (FIT)</li> <li><input type="checkbox"/> Flexible sigmoidoscopy every 5 years</li> <li><input type="checkbox"/> Yearly FOBT or FIT plus flexible sigmoidoscopy every 5 years (Of the options above, the American Cancer Society prefers yearly FOBT or FIT combined with flexible sigmoidoscopy every 5 years)</li> <li><input type="checkbox"/> Double contrast barium enema every 5 years</li> <li><input type="checkbox"/> Colonoscopy every 10 years</li> </ul> <p>Talk to your doctor about testing earlier and/or more often if you have any of the following risk factors:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Colorectal cancer or polyps in a parent, sibling, or child younger than 60 or in two such relatives of any age)</li> <li><input type="checkbox"/> Colorectal cancer syndromes in your family</li> <li><input type="checkbox"/> You have had colorectal cancer or adenomatous polyps</li> <li><input type="checkbox"/> You have had chronic inflammatory bowel disease for several years</li> </ul> <p>For more information on early detection, read <a href="#">Can Colorectal Cancer Be Found Early?</a> on <a href="http://www.cancer.org">www.cancer.org</a>.</p>	<p>Steps to Lower Your Risk (Prevention):</p> <p>Early Detection:</p>

## Skin Cancer

Risk Factors	Preventive Behaviors	Early Detection	Your Action Plan:
<ul style="list-style-type: none"><li><input type="checkbox"/> Do you or have you sunbathed?</li><li><input type="checkbox"/> Do you use tanning beds or booths?</li><li><input type="checkbox"/> Do you have fair skin with blonde or red hair?</li><li><input type="checkbox"/> Do you sunburn easily or have many freckles?</li><li><input type="checkbox"/> Did you have severe sunburns as a child?</li><li><input type="checkbox"/> Do you have many or unusually shaped moles?</li><li><input type="checkbox"/> Do you live in a southern climate or at a high altitude?</li><li><input type="checkbox"/> Do you spend a lot of time outdoors (for work or recreation)?</li><li><input type="checkbox"/> Have you ever received radiation treatment?</li><li><input type="checkbox"/> Has anyone in your family had skin cancer?</li><li><input type="checkbox"/> Do you have a weakened immune system due to an organ transplant, HIV infection, or another condition?</li><li><input type="checkbox"/> Were you born with xeroderma pigmentosum (XP), basal cell nevus syndrome, or dysplastic nevus syndrome?</li><li><input type="checkbox"/> Have you been exposed to any of the following chemicals?<ul style="list-style-type: none"><li><input type="checkbox"/> Arsenic</li><li><input type="checkbox"/> Coal tar</li><li><input type="checkbox"/> Paraffin</li><li><input type="checkbox"/> Radium</li></ul></li></ul> <p>For more information on risk factors, read <a href="#">What Are the Risk Factors for Melanoma?</a> or <a href="#">What Are the Risk Factors for Non-Melanoma?</a> on <a href="http://www.cancer.org">www.cancer.org</a>.</p>	<ul style="list-style-type: none"><li><input type="checkbox"/> Stay out of the sun, especially between 10 AM and 4 PM</li><li><input type="checkbox"/> Wear a broad-brimmed hat, a shirt, and sunglasses when out in the sun</li><li><input type="checkbox"/> Use a sunscreen with an SPF of 15 or higher, and reapply it often</li><li><input type="checkbox"/> Do not use tanning beds or sunlamps</li><li><input type="checkbox"/> 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</li><li><input type="checkbox"/> Protect young children from excess sun exposure</li><li><input type="checkbox"/> Check your skin often for abnormal or changing areas, especially moles, and have them examined by your doctor</li></ul> <p>For more information on preventive behaviors, read <a href="#">Can Melanoma Be Prevented?</a> or <a href="#">Can Non-Melanoma Be Prevented?</a> on <a href="http://www.cancer.org">www.cancer.org</a>.</p>	<p><b>Regular Self exam:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> 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, click <a href="#">here</a></li><li><input type="checkbox"/> Check for skin changes once a month. Show any suspicious or changing areas to your doctor</li></ul> <p><b>Cancer-Related Checkup (including skin exam) for Men at High Risk:</b></p> <ul style="list-style-type: none"><li>▪ <b>Over 20:</b> every 3 years</li><li>▪ <b>Over 40:</b> every year</li></ul> <p>For more information on early detection, see <a href="#">Can Melanoma Be Found Early?</a> or <a href="#">Can Non-Melanoma Be Found Early?</a> on <a href="http://www.cancer.org">www.cancer.org</a>.</p>	<p>Steps to Lower Your Risk (Prevention):</p> <p>Early Detection:</p>