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 at 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

- 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?
- Do you eat a lot of saturated fat?
- Are you overweight?

For more information on risk factors, read [What are the Risk Factors for Prostate Cancer](https://www.cancer.org) on www.cancer.org.

## Preventive Behaviors

- Eat plenty of fruits and vegetables, and limit foods that are high in saturated fats, such as red meats and high-fat dairy products
- Achieve and maintain a healthy weight

For more information on preventive behaviors, see [Can Prostate Cancer Be Prevented?](https://www.cancer.org) on www.cancer.org.

## Early Detection

- Talk with your doctor about the pros and cons of prostate cancer testing
- 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).
- For men with more than one close relative (father, brother, or son) diagnosed before age 65, a PSA test may be offered at age 40.

For more information on early detection, read [Can Prostate Cancer Be Found Early?](https://www.cancer.org) on www.cancer.org.

## Your Action Plan:

### Steps to Lower Your Risk (Prevention):

### Early Detection:

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For the rest of the men's documents, please use the same changes as for women, except for the alcoholic beverages section of Colorectal Cancer where it's 2 drinks (instead of 1) for men. See notes on each page.

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

#### 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 to uranium, arsenic, or vinyl chloride in your workplace?
- Do you smoke marijuana?
- Are you now or have you been regularly exposed to secondhand smoke over several years?


#### Preventive Behaviors
- 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 basements checked for radon


#### Early Detection
- 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.


#### Your Action Plan:
- If you have any of these risk factors:
  - Talk to your doctor if you have any of the risk factors listed

#### Steps to Lower Your Risk (Prevention):
- Early Detection:
# Colorectal Cancer

## Risk Factors

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
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<tbody>
<tr>
<td>Has anyone in your family had colon or rectal cancer?</td>
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<tr>
<td>Do you have a colorectal cancer syndrome in your family, such as familial adenomatous polyposis (FAP) or hereditary nonpolyposis colon cancer (HNPCC)?</td>
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<tr>
<td>Have you ever had colorectal cancer?</td>
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<tr>
<td>Have you ever had a type of intestinal polyp called adenomatous polyt?</td>
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<tr>
<td>Have you had chronic inflammatory bowel disease such as Crohn's disease or ulcerative colitis for several years?</td>
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<tr>
<td>Are you over 50 years of age?</td>
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<tr>
<td>Do you eat a lot of red meat or luncheon meats?</td>
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<tr>
<td>Are you physically inactive?</td>
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<tr>
<td>Are you overweight?</td>
<td></td>
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<tr>
<td>Do you use tobacco?</td>
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<tr>
<td>Do you average more than 2 alcoholic drinks per day?</td>
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</tbody>
</table>

For more information on risk factors, read [What Are the Risk Factors for Colorectal Cancer?](www.cancer.org).

## Preventive Behaviors

<table>
<thead>
<tr>
<th>Behavior</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Follow early detection guidelines to find and remove adenomatous polyps before they become cancer</td>
<td></td>
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<tr>
<td>Get at least 30-45 minutes of physical activity on at least 5 days per week</td>
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<tr>
<td>Achieve and maintain a healthy weight</td>
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<tr>
<td>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</td>
<td></td>
</tr>
<tr>
<td>Quit smoking</td>
<td></td>
</tr>
<tr>
<td>Cut back to no more than 2 alcoholic drinks per day, if you drink at all</td>
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</tbody>
</table>

For more information on preventive behaviors, read [Can Colorectal Cancer Be Prevented?](www.cancer.org).

## Early Detection

### Starting at age 50, you should follow one of the 6 options below.

The tests that are designed to find both early cancer and polyps are preferred if these tests are available to you and you are willing to have one of these more invasive tests. Talk to your doctor about which test is best for you.

- 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

- 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

*Talk to your doctor about testing earlier and/or more often if you have any of the following risk factors:

- Colorectal cancer or polyps in a parent, sibling, or child younger than 60 or in two such relatives of any age
- Colorectal cancer syndromes in your family
- You have had colorectal cancer or adenomatous polyps
- You have had chronic inflammatory bowel disease for several years

For more information on early detection, read [Can Colorectal Cancer Be Found Early?](www.cancer.org).

## Your Action Plan:

Steps to Lower Your Risk (Prevention):

- Early Detection:

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### Skin Cancer

#### Risk Factors
- Do you or have you sunbathed?
- Do you use tanning beds or booths?
- Do you have fair skin with blonde 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 received 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


#### Preventive Behaviors
- Stay out of the sun, especially between 10 AM and 4 PM
- Wear a broad-brimmed hat, a shirt, and sunglasses when out in the sun
- Use a sunscreen with an SPF of 15 or higher, and reapply it often
- Do not use tanning beds or sunlamps
- 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
- Protect young children from excess sun exposure
- Check your skin often for abnormal or changing areas, especially moles, and have them examined by your doctor


#### Early Detection
- 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).
  - Check for skin changes once a month. Show any suspicious or changing areas to your doctor


#### Your Action Plan:
- Steps to Lower Your Risk (Prevention):
- Cancer-Related Checkup (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.
  - Early Detection:

We’re available to answer your questions about cancer any time, day or night. Call us at 1-800-ACS-2345, or visit us online at [www.cancer.org](http://www.cancer.org).