

## Cancer Screening for Men

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Cancer is a disease that can often be cured or managed when it is found early. Cancer screenings are done to check for a disease before you have any symptoms.

These guidelines are from the American Cancer Society and include specific ages when screenings should be done for those at normal risk. Some men have higher risk for certain kinds of cancer due to family history, lifestyle or other factors. You should talk with your health care provider about your risk factors.

If you identify as non-binary or a transgender person, talk with your health care provider about your screening needs based on your transition path. For example, transwomen taking hormones may have an increased risk of breast/chest cancer. For more information, ask for the patient education handout, [Breast/Chest Cancer Screening in Transgender Men](#). You may also find it helpful to visit <http://equitashealthinstitute.com/yesmamm/> for LGBTQ-friendly primary care providers.

You can change some of your risk factors. For example, if you quit smoking you can lower your risk of cancers of the lung, mouth, larynx (voice box), bladder and kidney. Some risk factors you are unable to change, like your genes. Your doctor may refer you to see a Genetic Counselor to talk about your risks.

Here are common types of cancers that affect men and some reasons that may cause you to be at higher risk. Use this as a guide to talk to your doctor about your own health and screening needs.

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**This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.**

## Prostate

Risk Factors	Screening for Normal Risk
<ul style="list-style-type: none"> <li>• Family history of prostate cancer</li> <li>• Inherited mutation (e.g. BRCA1 or BRCA2 genes)</li> <li>• Being African American</li> <li>• Age (being older)</li> <li>• Eating a diet high in animal fat or high fat dairy products</li> </ul>	<ul style="list-style-type: none"> <li>• At age 50 talk with your doctor about testing for prostate cancer.</li> <li>• If you are African American or have a father or brother who had prostate cancer before age 65, you should talk to your doctor about testing when you reach age 45.</li> <li>• If 2 or more of your relatives had prostate cancer before age 65, you should talk to your doctor about testing when you reach age 40.</li> <li>• If you decide to be tested, you should have the prostate-specific antigen (PSA) blood test with or without a rectal exam. Your PSA level will determine how often you need to be tested.</li> </ul>

## Testicular

Risk Factors	Screening for Normal Risk
<ul style="list-style-type: none"> <li>• Most common to be found in men age 20 to 34, but can affect men at any age</li> <li>• Being White/Caucasian</li> <li>• History of having undescended testicle(s)</li> <li>• History of cancer in one testicle</li> <li>• Family history of testicular cancer</li> <li>• HIV infection</li> </ul>	<ul style="list-style-type: none"> <li>• The American Cancer Society recommends that men talk with their doctor about monthly testicular exam.</li> <li>• You should examine your testicles each month, during a bath or shower when the scrotum is relaxed. Tell your doctor right away if you find a mass or a lump.</li> </ul>

## Colon or Rectal

Risk Factors	Screening for Normal Risk
<ul style="list-style-type: none"> <li>• Being over 45 years old</li> <li>• Being male</li> <li>• African Americans, American Indians and Alaska Natives have a higher rate of colon and rectal cancer compared to other racial groups</li> <li>• Being inactive and/or overweight</li> <li>• Diet high in red/processed meat</li> <li>• Diet low in fruits and vegetables</li> <li>• Smoking</li> <li>• Heavy alcohol use</li> <li>• Family history of colorectal cancer syndrome (ex: Lynch syndrome) or adenomatous polyps</li> <li>• Type 2 diabetes</li> <li>• Family history of colon or rectal cancer, colorectal polyps, or chronic inflammatory bowel disease (Crohn's Disease or Ulcerative Colitis)</li> <li>• History of radiation to the abdomen (belly) or pelvic area to treat prior cancer</li> </ul>	<p><b>Starting at age 45, the following tests may be ordered by your doctor. Talk to your doctor about which test is best for you.</b></p> <p>Tests that find polyps and cancer are:</p> <ul style="list-style-type: none"> <li>• Colonoscopy every 10 years</li> <li>• Flexible sigmoidoscopy every 5 years*</li> <li>• CT colonography (virtual colonoscopy) every 5 years*</li> <li>• Flexible sigmoidoscopy every 10 years combined with a yearly high-sensitivity FIT test*</li> </ul> <p>Stool tests that can be done at home and mainly find cancer are:</p> <ul style="list-style-type: none"> <li>• High-sensitivity fecal immunochemical test (FIT) every year*</li> <li>• High-sensitivity guaiac-based fecal occult blood test (gFOBT) every year*</li> <li>• Multi-targeted stool DNA test (mt-sDNA) every 3 years*</li> </ul> <p>* If the test is positive, a colonoscopy should be done.</p>

## Lung

Risk Factors	Prevention
<ul style="list-style-type: none"><li>• Smoking</li><li>• Exposure to second hand smoke</li><li>• Family or personal history of lung cancer</li><li>• Exposure to cancer-causing agents in the workplace or the environment (asbestos, fibers, radon, some chemicals, uranium, arsenic, vinyl chloride, diesel exhaust)</li></ul>	<p>There are no tests to check for lung cancer if you are at average risk. There are screening guidelines if you are at high risk of lung cancer due to cigarette smoking. Talk with your doctor about whether you should start screening.</p>

## Skin

Risk Factors	Screening for Normal Risk
<ul style="list-style-type: none"><li>• Ultraviolet light exposure (sunlight)</li><li>• Fair skin (light colored skin)</li><li>• Family history of melanoma</li><li>• Severe sunburns before age 18</li><li>• Use of tanning beds</li><li>• Smoking</li><li>• Some workplace exposures (coal tar, pitch, creosote, arsenic or radium)</li></ul>	<ul style="list-style-type: none"><li>• Look for changes every month with your skin, freckles or moles.</li><li>• Skin exam during a regular health checkup.</li></ul>

The American Cancer Society, American Heart Association and American Diabetes Association have joined together on this advice. To lower your risk for cancer, heart (cardiovascular) disease and diabetes it is important to work towards these goals:

- Get to a healthy weight and maintain it.
- Be active at least 30 minutes a day for at least 5 days a week.
- Eat at least 5 servings of vegetables and fruits every day.
- Do not smoke or use tobacco. If you smoke or use tobacco now, ask for help to quit.
- Limit the amount of alcohol you drink.

**Here are places you may check for more information:**

- JamesLine at 1-800-293-5066 or on the web at [cancer.osu.edu](http://cancer.osu.edu)
- American Cancer Society at 1-800-ACS-2345 or on the web at [www.cancer.org](http://www.cancer.org)
- The National Comprehensive Cancer Network at [www.nccn.org](http://www.nccn.org)
- National Cancer Institute 1-800-4 CANCEER (800-422-6237) on the web at [www.cancer.gov](http://www.cancer.gov)

**Other helpful Patient Education handouts:**

[The ABCDE's of Melanoma and Skin Self-Exam](#)

[Cancer Genetics Consultation](#)

[Colorectal Cancer Screening](#)

[Prostate Cancer Screening](#)

[Testicular Self-Examination](#)