

# MEN'S CANCER SCREENINGS



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## PROSTATE CANCER

In general, men should begin prostate cancer screenings at age 55. For men who are high-risk (family history of prostate cancer or are African American), screening should start at age 40. Discuss any risk factors with your provider to decide when screenings should begin.

## TESTICULAR CANCER

Testicular cancer occurs most frequently in men aged 15-34. When caught early, testicular cancer has a high cure rate. The best way to find it early is by doing a monthly testicular self-exam. If you find any changes or lumps in your testicles, schedule an appointment with your primary care provider so they can evaluate your finding.

## COLORECTAL CANCER

For those at average risk, screening for colorectal cancer should start at age 45. There are several options for screening. A colonoscopy should be done every 10 years. Flexible sigmoidoscopy is done every 5 years. FIT-DNA (Cologuard) is done every 3 years. Discuss with your provider for which type of testing is best for you.

## SKIN CANCER

According to the American Association of Dermatology, by age 50, men are more likely than women to develop melanoma, possibly due to less frequent sunscreen use. Fortunately, early detection makes melanoma highly treatable. Start with a self-exam and ask a partner to check areas you can't see. Watch for moles that change, have irregular edges, or color. If anything looks suspicious, see your provider for a checkup.

## BREAST CANCER

While not as common as in women, men do get breast cancer. According to the National Breast Cancer Foundation, the lifetime risk of men getting breast cancer is about 1 in 833. Male breast cancer is usually found under the nipple and areola. It is also usually found by the man while showering. If you find a lump, don't wait to tell your doctor. The earlier it is treated, the better the outcome.

**If you have a family history of any of these cancers, you are at higher risk. Screening can help to detect it early when treatment is easier.**