



Top Five Cancer Diagnoses for Men

Risk Factors and Screening Methods

PROSTATE CANCER

- **Risk factors:**
- Age: Men over 50 with most cases being in men over age 65
- Family history: Having close family members (grandfather, father, brother) who have had prostate cancer
- Race: African American men are more likely to develop prostate cancer than white males
- High-fat diet
- Obesity

- **Screening:** USPSTF recommendations
- Prostate-specific antigen (PSA): Not recommended due to small or no reduction in prostate specific mortality and is associated with harms related to subsequent evaluation and treatment.

LUNG CANCER

- **Risk factors:**
- Smoking: Secondhand smoke can increase the risk of lung cancer
- Genetics: Certain gene mutations and family history of lung cancer
- Exposure to radon and asbestos

- **Screening:**
- Lung cancer is difficult to detect because most symptoms do not appear until late stage.
- Screening Low dose helical CT (LDCT) imaging may be used for high-risk individuals to detect abnormal areas in the lung.
- If you notice the following symptoms, call your doctor:
- Coughing that does not go away
- Chest pain, often made worse by deep breathing, coughing, or laughing
- Hoarseness
- Weight loss and loss of appetite
- Bloody or rust-colored sputum (spit or phlegm)
- Shortness of breath
- Infections such as bronchitis and pneumonia that keep coming back
- Wheezing

COLON AND RECTUM CANCER (COLORECTAL)

- **Risk factors:**

- Age: 90 percent of cases occur in people over 50
- Genetic mutations: Certain genetic mutations can cause this cancer
- Family history: If a family member (grandfather, father, brother) had colorectal cancer
- Physical inactivity and obesity
- Diet high in red or processed meat

- **Screening:**

Beginning at age 50, men who are at average risk for developing colorectal cancer should have one of the following:

- Fecal occult blood test: Have a fecal occult blood test or fecal immunochemical test once a year and a flexible sigmoidoscopy every 5 years
- Double-contrast barium enema: You can choose to have a doublecontrast barium enema every 5 years instead of a fecal occult blood test
- Colonoscopy: Every 10 years

BLADDER CANCER

- **Risk factors:**
 - Smoking
 - Gender: Three times more common in men than women
 - Occupation: Working with dye, rubber, leather print or paint
 - Exposure to arsenic in drinking water.
 - Chronic bladder conditions

- **Screening:**
 - Screening is done only in people with high risk and those who have previously had urinary bladder cancer. It is often diagnosed by examining cells in the urine under a microscope and by inspecting the bladder with a cystoscope (a slender tube fitted with a lens and light that is inserted into the bladder through the urethra).

MELANOMA

- **Risk factors:**
- Prior melanoma
- Family history of melanoma
- Large number of moles
- Sun sensitivity: People with fair skin and people who are sensitive to the sun
- Excessive sun exposure
- Diseases that suppress the immune system
- **Screening:**
- Regular head to toe self examinations. Follow the ABCs. Look for asymmetry, border irregularity, color (uneven pigmentation) and a diameter greater than 6 millimeters. If you notice any changes or suspicious moles, call your doctor.
- If you are considered high risk, consider having an annual clinical examination by a dermatologist.