

Cheat Sheet for Men’s Cancer Screenings and Good Health

CDC supports screening for colorectal (colon) and lung cancers as recommended by the U.S. Preventive Services Task Force. This “cheat sheet” lists the different types of cancer screenings that are available to men. But remember, there’s more to your health than just cancer screenings. Yearly exams give you the opportunity to talk to your doctor about your family health history, and ask about tests you may need for other diseases or conditions such as diabetes, high blood pressure, or cholesterol.

| Type of Cancer | Screening Method | When to Get Screened* |
|---------------------------|--|---|
| Colorectal (colon) cancer | Colonoscopy, sigmoidoscopy, or fecal occult blood testing (FOBT) | If you are 50 to 75 years old, get tested. The schedule depends on the type of test used. |
| Lung cancer | Low-dose CT scan | If you are 55 to 80 years old and are a heavy smoker or a past smoker who quit within the last 15 years, get a low-dose CT scan every year. |
| Prostate cancer | Digital rectal exam (DRE) and prostate specific antigen (PSA) test | Talk to your doctor. The USPSTF recommends against PSA screening for men who do not have symptoms. |
| Skin cancer | Periodic total-body examinations by a clinician | Talk to your doctor. The USPSTF has concluded that there is not enough evidence to recommend for or against routine skin cancer screening. |

*Talk with your doctor about when and how often you should be screened. Depending on your personal health history, family health history, or screening results, your doctor may recommend a different screening schedule.

| Other Conditions or Diseases | Screening or Testing Method | When to Get Screened or Tested |
|------------------------------|-----------------------------|--------------------------------|
| | | |
| | | |
| | | |
| | | |

More Information

- [Cancer Screening Tests](http://www.cdc.gov/cancer/dcpc/prevention/screening.htm) www.cdc.gov/cancer/dcpc/prevention/screening.htm
- Blog post: [Overwhelmed by Too Many Health Tips?](http://blogs.cdc.gov/cancer/2016/06/13/mens-cancer-screening-cheat-sheet/) http://blogs.cdc.gov/cancer/2016/06/13/mens-cancer-screening-cheat-sheet/
- [Preventing Infections in Cancer Patients](http://www.cdc.gov/cancer/preventinfections/) www.cdc.gov/cancer/preventinfections/

