

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.



Colorectal (colon) cancer

Screening Method

Colonoscopy, sigmoidoscopy, or fecal occult blood testing (FOBT)

When to Get Screened*

If you are 50 to 75 years old, get tested. The schedule depends on the type of test used.

Prostate cancer

Screening Method

Digital rectal exam (DRE) and prostate specific antigen (PSA) test

When to Get Screened*

Talk to your doctor. The USPSTF recommends against PSA screening for men who do not have symptoms.



Lung cancer

Screening Method

Low-dose CT scan

When to Get Screened*

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.

Skin cancer

Screening Method

Periodic total-body examinations by a clinician

When to Get Screened*

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.

More Information

- Cancer Screening Tests 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/>



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Men's Health Needs Decade by Decade

June is Men's Health Month and is the perfect reminder to get the necessary check-ups and screenings.



Here's a decade-by-decade guide that breaks it all down for you.

AGES 20^s - 30^s



Seeing a **primary care physician** once a year is a must—even if you have the “I’m healthy, why should I visit a doctor?” mentality.



If recommended by your physician, you might also begin visiting a **urologist** for check-ups on your **reproductive system** and **prostate health**.



Your **physician** will perform routine tests that could benefit you later in life, like making sure you have **healthy blood pressure** and **cholesterol levels** and stay current with **immunizations**.

AGES 40^s - 50^s



Primary care physicians and **urologists** remain important items on your medical checklist.



Men with **high blood pressure** or a **family history of heart disease** should add **cardiologists** into the rotation.



Colonoscopies are incredibly important in this age group – if you haven’t had one yet, contact your primary care physician.

AGES 60+



Continue with **routine physicals** and getting any screenings or tests recommended by your **physician**.



As you get older, you might want to consider making appointments with a **geriatric doctor** (they specialize in health issues facing older adults) and **orthopedist** (a.k.a. bone specialists).

