



Age 20 to 44:

- At the time of a checkup, examination for cancer of the thyroid, oral cavity, skin, lymph nodes, and testes

Age 45 to 49:

- At the time of a checkup, examination for cancer of the thyroid, oral cavity, skin, lymph nodes, and testes

Every year:

- Prostate-Specific Antigen (PSA) test and a Digital Rectal Examination (DRE) testing for men at high risk for prostate cancer (African American men and men with a father, brother, or son with prostate cancer at a young age)

Age 50 and older:

- At the time of the checkup, examination for cancer of the thyroid, oral cavity, skin, lymph nodes, and testes

Every year:

- Prostate-Specific Antigen (PSA) and Digital Rectal Examination (DRE) should be offered to average risk men. Information should be provided about the benefits and limitations of testing so that an informed decision can be made about testing.
- PSA and DRE for men at high risk

ONE of the following (Colon):

Tests That Find Polyps and Cancer

- Flexible sigmoidoscopy every 5 years*, **OR**
- Colonoscopy every 10 years, **OR**
- Double-contrast barium enema every 5 years*, **OR**
- CT colonography (virtual colonoscopy) every 5 years*

Tests That Primarily Find Cancer

- Yearly fecal occult blood test (gFOBT)***, **OR**
- Yearly fecal immunochemical test (FIT)***, **OR**
- Stool DNA test (sDNA), interval uncertain***

**If the test is positive, a colonoscopy should be done.*

***The multiple stool take-home test should be used. One test done by the doctor is not adequate for testing. A colonoscopy should be done if the test is positive.*

The tests that are designed to find both early cancer and polyps are preferred if these tests are available and the patient is willing to have one of these more invasive tests.

NOTES:

Health counseling for tobacco use, sunscreen exposure, physical activity and nutrition, sexual practices, risk factors, and environmental and occupational exposures should also be part of every checkup.

Men should begin testing for colorectal cancer earlier and/or undergo testing more frequently if at increased or high risk for this cancer.



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