

Skin Cancer

Who Is at Risk?

People with fair skin, especially those with blonde or red hair, have a greater risk of skin cancer than people with darker coloring.

Anyone who spends a lot of time in the sun is at risk. People who have had close family members with melanoma and those who had severe sunburns occurring early in life are at higher risk for this type of skin cancer.

The Best Defense: Prevention and Early Detection

You can help prevent most skin cancers by avoiding long periods in the sun between 10 a.m. and 4 p.m. Wear hats with brims, long-sleeve shirts, and sunglasses, and use sunscreen with a sun protection factor (SPF) of 15 or higher on all exposed parts of the skin. If you have children, protect them from the sun and don't let them get sunburned. Look for new spots or changes in your skin regularly and have a skin exam during your regular health checkups.

The Best Defense Against Cancer

Early detection – finding a cancer early before it has spread – gives you the best chance to do something about it. The cancers that most frequently affect men are skin, prostate, lung, and colon cancers. Knowing about these cancers and how they can be prevented or found early can save your life.

No matter who you are, we can help. Contact us anytime, day or night, at 1-800-ACS-2345 for information and support.

1.800.ACS.2345
1.866.228.4327 (TTY)
www.cancer.org

Hope.Progress.Answers.®



Cancer Facts for Men

The logo for the American Cancer Society, featuring a stylized figure with arms raised inside a square, with the text "American Cancer Society" to its right.

**American
Cancer
Society®**

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Prostate Cancer

Who Is at Risk?

The chance of getting prostate cancer goes up as a man gets older. Most prostate cancers are found in men over the age of 65. For reasons that are still unknown, African American men are more likely than White men to develop prostate cancer. Having one or more close relatives with prostate cancer also increases a man's risk of developing this disease.

The Best Defense: Early Detection

Prostate cancer can usually be found in its early stages with regular testing. Your doctor should offer you the prostate-specific antigen (PSA) blood test and digital rectal exam (DRE) every year starting when you are 50. Talk with your doctor about the benefits and limitations of testing so that you can make an informed decision about testing. If you are at high risk for prostate cancer (if you are African American or have a father or brother who had prostate cancer at a young age), you should begin having these tests at age 45.

Lung Cancer

Who Is at Risk?

People who smoke are at the greatest risk of getting lung cancer and many other tobacco-related illnesses, such as heart disease, stroke, and emphysema. Smoking is responsible for more than 80 percent of all lung cancers. Other risk factors include exposure to radon and asbestos, particularly for smokers.

The Best Defense: Prevention

Lung cancer is one of the few cancers that can often be prevented, because it is usually caused by smoking. If you are a smoker, ask your doctor or nurse to help you quit. If you don't smoke, don't start. If your friends and loved ones are smokers, you can help them quit. For help quitting, call the American Cancer Society at 1-800-ACS-2345 and ask about Quitline® services.

Colon Cancer

Who Is at Risk?

Most colorectal cancers (cancers of the colon and rectum) are found in people over age 50. People with a personal or family history of the disease, or who have polyps in the colon or rectum or inflammatory bowel disease, are at greater risk than the general population. Eating a diet of mostly high-fat foods (especially from animal sources), being overweight, smoking, heavy use of alcohol, and being inactive also increases a person's risk for this disease.

The Best Defense: Prevention and Early Detection

Colon cancer almost always starts with a polyp. Testing can save lives by finding polyps before they become cancerous. If precancerous polyps are removed, colon cancer can be prevented. Eating a low-fat diet rich in fruits and vegetables may also lower the risk of colon cancer. The American Cancer Society recommends one of the following testing options for all people beginning at age 50.

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 to you and you are willing to have one of these more invasive tests. Talk to your doctor about which test is best for you.

Finding cancer early can save your life.