

Men's Cancer Screening Guide



Early detection is the key to beating cancer.

Annual cancer screenings make early detection of disease possible, leading to more treatment options and positive outcomes. Some of the most important cancer screenings for men include colorectal, lung and prostate. This guide will help educate you on warning signs, risk factors and screening options available. Talk to your doctor about what screenings are right for you based upon your individual risk factors and family history. Then, add your screenings to your personal calendar, so you can protect your health and get the most out of the life you love.





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Colorectal Cancer

About Colorectal Cancer

When left undetected, colorectal cancer can be deadly — making it the second-leading cause of cancer-related deaths in the United States. The good news is that colorectal cancer is more than 90 percent curable if diagnosed early.* Effective and painless screening options are available to provide early diagnosis and treatment.

In May of 2018, the American Cancer Society revised its screening guidelines to recommend that colon and rectal cancer screening for normal-risk adults begin at age 45 rather than the previously designated 50 years old. These updated guidelines may be a response to the rising rate of colon cancer found in younger adults.

**American Cancer Society*

Signs and Symptoms of Colorectal Cancer

Nearly all colon cancers begin as pre-cancerous (benign) polyps, which slowly develop into cancer. While many cases of colon cancer have no symptoms, there are numerous factors that may indicate colon issues or cancer.

- Abdominal pain
- Blood in the stool
- Change in the consistency of stool over several weeks
- Diarrhea, constipation or changes in bowel movement
- Fatigue
- Narrow stools
- Pain in the lower abdomen
- Rectal bleeding
- Unexplained weight loss
- Vomiting



Risk Factors of Colorectal Cancer

If you're at least 45 years old, you have an average risk of developing colorectal cancer. However, both age and race play a role in determining your risk and when you should start receiving screenings. If you have one or more of these risk factors, you should schedule a colonoscopy.

- 45+ years of age
- Excessive alcohol consumption
- Excessive red or processed meat consumption
- Family or personal history of colorectal cancer or polyps
- Lynch syndrome or familial adenomatous polyposis (FAP)
- Physically inactive
- Smoking
- Type 2 diabetes
- Crohn's disease or ulcerative colitis
- Very overweight

Colorectal Cancer Screening

A colonoscopy is the most effective way to test for colorectal cancer and the best method for finding pre-cancerous polyps. It's the only cancer screening that can prevent cancer from developing, as it allows for the proactive removal of these polyps. It is also valuable for the detection of other abnormalities such as ulcers or inflamed tissue.

What to Expect When Having a Colonoscopy

There's no need to feel afraid or embarrassed about getting a colonoscopy. It's your doctor's job to perform these life-saving screenings, and every effort is made to help you feel more comfortable during this painless procedure.

- You'll be asked to follow a clear-liquid diet the day before your procedure. This means only water, clear broth, soda, tea, coffee (without milk/creamer), clear juice (without pulp), Jell-O, popsicles and other flavored drinks (nothing red or purple).
- You'll be given instructions on using a laxative mixture at home to empty your bowel so that your colon can be viewed clearly during the procedure.
- During the colonoscopy, your doctor will look at the inner lining of your large intestine. A thin, flexible tube called a colonoscope is inserted for a painless examination. Suspicious polyps may be removed at this time.
- You will be sedated during the procedure to ensure your comfort.
- Most procedures are finished within an hour. However, due to the sedation, you will need to have someone drive you home.



Lung Cancer

What causes lung cancer?

Breathing in tobacco smoke is the leading cause of lung cancer and the highest risk factor for the disease. That said, non-smokers can also get lung cancer for no explained reason, or due to exposure to something harmful in the environment. Some people inherit a DNA mutation from a family member, which increases their risk for developing lung cancer even if they are non-smokers.

Common Types of Lung Cancer

While many of the risk factors are the same for each type of lung cancer, treatments are different.

Non-small-cell lung cancer (NSCLC)

NSCLC is the most common type of lung cancer, making up about 85% of cases. It has three subtypes: squamous cell carcinoma, adenocarcinoma and large-cell carcinoma.

Small-cell lung cancer (SCLC)

Only making up about 10 to 15 percent of lung cancer cases, SCLC usually spreads quickly. It is also called oat cell cancer.

Lung carcinoid tumor

The rarest type of lung cancer, making up fewer than 5 percent of cases, lung carcinoid tumors usually grow slowly and rarely spread. They are also called lung neuroendocrine tumors.

Mesothelioma

Though technically not considered a lung cancer, mesothelioma is a disease that affects the lining around the lungs. Mesothelioma typically affects those who have been exposed to asbestos.

Risk Factors of Lung Cancer

Controllable Risks

Tobacco smoke

Smoking is by far the leading risk for lung cancer. Eight out of ten lung cancer deaths are thought to result from smoking. Limiting exposure to secondhand smoke also reduces the risk for those who are not active smokers.

Environmental exposures

Limit exposure to cancer-causing agents such as radon, asbestos and chromium.

Lifestyle choices

Maintain a healthy lifestyle, including getting regular exercise and a diet of fruits, vegetables and whole grains.

Uncontrollable Risks

Age

Being age 55 or older

Inherited genes

Having an inherited gene mutation

Family history

Having a close relative with a history of lung cancer

Personal history

Having a history of lung disease (including emphysema)

Radiation

Having a history of radiation therapy to the chest

Preventing Lung Cancer

There is no known way to prevent lung cancer, but there are ways to reduce your risk factors for the disease. Start by getting your screening exams and tests as soon as your doctor recommends them and work with your doctor to develop a plan to reduce your overall risk. With routine screenings, the hope is that if you do get lung cancer, it can be found and treated early for the best possible results. Here are some steps you can take to reduce your risk.

- Assess air pollution in your local community and take steps to improve air quality.
- Avoid secondhand smoke.
- Don't start smoking tobacco, or quit if you do.
- If exposed to dust and fumes at work, talk to someone about your health and safety.
- Test your home for radon exposure.





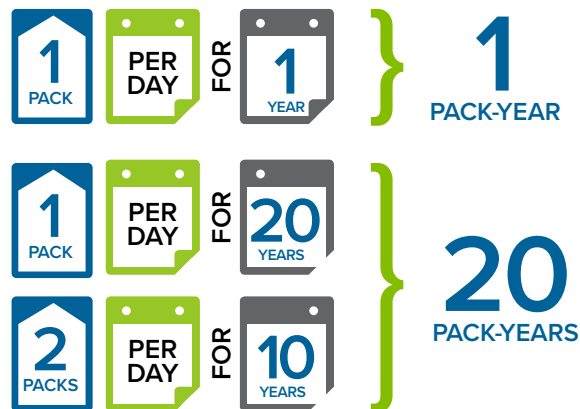
Lung Cancer Screening

The American Lung Association believes that at least 8.6 million Americans qualify as high risk for developing lung cancer. The good news is, the disease is beatable if detected early. That's why we offer low-dose computed tomography (CT) scans that provide a safe, easy way to screen for lung cancer. If you meet the high-risk criteria, most insurance companies cover lung cancer screenings.

You are at high risk for lung cancer if you:

- Are between the ages of 50 to 77
- Currently smoke or quit smoking within the last 15 years
- Are a heavy smoker

You are considered a heavy smoker if you have a pack-year greater than 20. A pack-year is calculated by:



It is recommended that all high-risk individuals get a low-dose CT scan of the lungs. Don't wait for symptoms. Get tested today.



Prostate Cancer

What causes prostate cancer?

While there is no known cause of prostate cancer, there are risk factors that can increase your chances of developing it.

At the cellular level, prostate cancer happens because of changes to your body's genes that control the way cells in the prostate gland and its supporting systems work — especially how they grow and divide.

Genetic changes can be passed down from your family members, happen randomly or happen because of an exposure to tobacco smoke or harmful chemicals as a part of your job.

Common Types of Prostate Cancer

Most prostate cancers are adenocarcinomas, or cancers of gland cells. Some can spread quickly, but most are slow-growing. Rarer types of prostate cancer include sarcomas, small-cell carcinomas, neuroendocrine tumors and transitional cell carcinomas.

Risk Factors of Prostate Cancer

A risk factor is anything that increases the likelihood of developing a disease or injury. It is important to talk about any of these prostate cancer risk factors with your doctor. Here are some factors that can increase your chances of developing prostate cancer.

Age

Age 40 to 45: High risk if first-degree relative had prostate cancer before age 65

Age 50: All men

Race/Ethnicity

African Americans are more likely to get prostate cancer and twice as likely to die from it compared to white men.

Gene Changes

Inherited mutations of the BRCA1 and BRCA2 genes, or Lynch syndrome

Family History

First-degree relative (father or brother)



Warning Signs of Prostate Cancer

The following symptoms could be an indication of prostate cancer. Talk to your doctor if you are experiencing any of these conditions. It's important to note that these symptoms are not unique to prostate cancer and can be caused by benign conditions.

- Having problems urinating
- Blood in the urine or semen
- Erectile dysfunction
- Pain in the hips, back, chest or other areas (can be from cancer that has spread)
- Weakness or numbness in the legs or feet, or loss of bladder/bowel control from cancer pressing on the spinal cord

Prostate Cancer Screening

Screening for prostate cancer is so important for men, because, if it is found and treated early, the chances of survival are very good. There are two primary ways to screen for prostate cancer.

Prostate-Specific Antigen Test (PSA)

The PSA test is the best way to first detect prostate cancer. A simple blood test looks for PSA, a substance made by the prostate gland. When there's a problem with the prostate — such as prostate cancer — it starts to release more and more PSA. If PSA levels keep increasing over time, it might indicate to your doctor that you are at a higher prostate cancer risk, or that you need more testing for prostate cancer. Increased PSA levels are not always cancer. Sometimes they are due to other prostate diseases.

Digital Rectal Exam (DRE)

Your primary care doctor gives the DRE test. It involves physically palpating the prostate gland to feel for abnormal texture, shape or size. If your doctor feels an abnormality, you might need further tests to see if it is cancer. By age 40, all men should start talking to their doctor about their prostate cancer risk. Your doctor will help you make decisions about when you should start regular prostate cancer screenings.



About AdventHealth

Award-Winning Whole-Person Health Care

AdventHealth is an internationally renowned, hospital network that specializes in life-saving treatment, preventative care and pioneering medical research. Our healing network in Central Florida includes 10 hospitals and more than 100 extended service locations across the region.

Our network is home to the AdventHealth Cancer Institute where we offer comprehensive care — from disease prediction and prevention to diagnosis, treatment and cutting-edge research. Our nurse navigators guide each patient throughout their health journey and promote access to services such as support groups and special spa services. Medical services include medical, radiation and surgical oncology for specialties including breast, lung, prostate, gynecology and colon.

We're here to talk.

Call us at **800-403-9413**
ScheduleYourTuneUp.com

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