

Screening Guidelines for Men

For the Early Detection of Cancer in Men with No Symptoms

Cancer Site	Ages 15-39	Ages 40-49	Ages 50-64	Ages 65+
Prostate		Men with family history and all African-American men should begin yearly exams with digital rectal exams (DRE) and prostate specific antigen (PSA).	Annual digital rectal examination (DRE) and prostate-specific antigen (PSA) test, starting at age 50, for men who have a life expectancy of at least 10 years.	Continue annual digital rectal exam (DRE) and prostate specific antigen (PSA) test.
Testicular	Testicular self examination (TSE) every month beginning at age 15.	Testicular self examination (TSE) every month.	Testicular self examination (TSE) every month.	Testicular self examination (TSE) every month.
Colorectal		Digital rectal exam every year.	Fecal occult blood test (FOBT) annually Or Flexible sigmoidoscopy every five years Or Fecal occult blood test and flexible sigmoidoscopy every five years Or Double contrast barium enema (DCBE) every five years Or Colonoscopy every 10 years	
Skin	Monthly mole self-exam. At age 20, begin yearly exam by health care provider.	Monthly mole self-exam; yearly exam by health care provider.	Monthly mole self-exam; yearly exam by health care provider.	Monthly mole self-exam; yearly exam by health care provider.
Cancer Related Checkup	On the occasion of a periodic health exam, the cancer-related checkup should include exams for cancers of the thyroid, lymph nodes and oral cavity.			
Healthy Living Checkup	A full examination including weight and height, blood pressure, blood sugar test, cholesterol test, vision exam, hearing test, and immunizations every one to two years. Counseling about tobacco use, diet and nutrition, sun exposure, sexual practices and sexually transmitted diseases, risk factors and environmental and occupational exposures are also important.			