



L.A. Care
HEALTH PLAN

www.lacare.org

Cancer Screening for Men

Give your health a chance.
Do it for yourself and for your family.



Why should you get screened?

Early detection is key to living a long, healthy life and surviving cancer. Caring for your family begins with caring for yourself first. Early detection gives you options. It can increase the chances of successful treatment and save your life.

Early detection can also save you money and reduce your stress.

Who should get screened?

Cancer can develop at any age, but the risk increases as you grow older. All men should see their doctor for the screening tests that are right for their age, even if they feel well. Often the signs of cancer do not appear until it is quite advanced.

Know that some screenings are simple, others may be uncomfortable. Talk about your feelings with your doctor and ask about the tests.

Your doctor can help you decide which test is right for you.

Use this chart and work with your doctor to discuss when you should have testing:

Screening Tests	What is it?	When to start?	How often?	When was the last time the test was done? (mm/yy)	Schedule next appointment for: (mm/yy)
Colorectal Health					
Fecal Occult Blood Test or Stool Test	Using a test kit you get from your doctor, you collect samples at home that are then sent to a lab for testing.	Age 50+	Once a year		
Flexible Sigmoidoscopy	Your doctor uses a tiny camera mounted on a short, thin and flexible tube to look inside your colon.	Age 50+	Every 5 years		
Colonoscopy	Your doctor uses a tiny camera mounted on a long, thin and flexible tube to look inside your colon.	Age 50+	Every 10 years		
Prostate Health: Talk to your doctor about the possible benefits and risks of prostate cancer screening					
Prostate-Specific Antigen (PSA)	A blood test that helps to detect early signs of prostate cancer.	Age 50+	Once a year		
Digital Rectal Exam (DRE).	Your doctor feels your prostate through the rectum.	Age 50+	Once a year		

NOTE: Tell your doctor if you have family members who have had cancer. If so, you may need to be tested more often and at an earlier age.

You can also download this flier from the Internet at www.ethnicphysicians.org or www.lacare.org.



www.calmedfoundation.org