

Men: Screening exams by age



Take this checklist to your next doctor appointment.

Your doctor can help you develop a more tailored screening plan if needed.

Ask your doctor about cancer screening exams for those at increased risk for lung and skin cancers.

Ages 40-49

- Beginning at age 40, you should **speak with your health care provider** about the benefits and limitations of prostate screening.
- If you choose prostate cancer screening, you should get a **digital rectal exam and PSA test** every year beginning at age 45 to check for prostate cancer if you are African American or have a family history (father, brother, son) of prostate cancer.

Ages 50 and older

- If you choose prostate cancer screening, you should get a **digital rectal exam and PSA test** every year to check for prostate cancer.
- Colonoscopy** every 10 years or **virtual colonoscopy** every five years to check for colorectal cancer. If you're age 76 to 85, your doctor can help you decide if you should continue screening. MD Anderson does not recommend screening after age 85.

Regardless of your age,

practice awareness. This means you should be familiar with your body so that you will notice changes and report them to your doctor without delay.

Schedule your screening exam
at MD Anderson's
Cancer Prevention Center.
Call **713-745-8040**
to make your appointment.

If you believe you may be more likely
to develop cancer because of your personal
or family medical history, visit
www.mdanderson.org/screeningguidelines
to learn about exams for men at increased risk.