

# Top five cancers for men



Get a PSA blood test every year starting at age 50, or at age 45 if you are at high risk (African American or have a close relative who had prostate cancer).



Lung cancer can often be prevented. If you are a smoker, ask your health care provider to help you quit. Also ask if you meet the risk criteria for a low-dose CT screening for lung cancer.



Colon cancer almost always starts with a polyp. Beginning at age 45, you should be screened for colon cancer. Talk to your health care provider about screening options.



Melanoma is the most serious skin cancer. Check your skin monthly for new moles or changes in size, shape or color. To protect your skin, use an SPF 15 or higher sunscreen, cover skin with clothing and a hat, and avoid artificial tanning devices.



Risk factors for bladder cancer are smoking, exposure to certain chemicals, and chronic bladder inflammation. White males are at higher risk. Symptoms include blood in the urine or changes in bladder habits.

For more information, contact the Mississippi Comprehensive Cancer Control Program at 601-206-1559.

