

Survey shows men need to do more to prevent cancer

July 5 2024, by Carole Tanzer Miller



American men are blowing their best chance to head off cancer or spot it early, when it's easiest to treat, a new survey warns.

More than 6 in 10 (65%) men in the nationwide survey said they are behind on at least one routine cancer [screening](#), while nearly 1 in 5 admitted they don't even schedule their own health care appointments.

Those are the key findings from the annual [Early Detection Survey](#) conducted by the Prevent Cancer Foundation. Its CEO, [Jody Hoyos](#), calls the implications profound.

It's crucial, she said, to advocate for your health and talk to your health care provider about the routine screenings you need.

"By fostering a culture of self-care and encouraging men to prioritize cancer screenings, we can reduce health disparities and achieve better outcomes," Hoyos added in a foundation news release.

Screenings are available for some of the most common cancers in men—colon, [skin](#) [melanoma], oral and [prostate cancers](#), she noted, calling on men to talk to their health care provider about their options.

In the survey, 51% of guys aged 45 or older said knowing about at-home screening options for [colon cancer](#) screening makes them more likely to get that check.

And 36% of guys who weren't up to date on routine cancer screenings said they'd be more likely to make them a priority if tests were faster. The foundation said that's important for companies to consider when developing new screening tests.

The foundation shared these [screening guidelines](#) for men who are at average risk for cancer:

Colon: Men with an average risk for this cancer should begin screening at age 45. Those with an increased risk, including those with a parent,

sibling or child who has had colon cancer, may need to start sooner or get tested more often. Men should ask their doctor about screening options.

Lung: Current or former smokers between the ages of 50 and 80 should be screened.

Oral: Oral cancers are more common in men than in women. Visit a dentist every six months and ask for an oral cancer exam.

Prostate: Men should talk to their [health care provider](#) by age 50 about screening. Black men or any men who have had relatives with [prostate cancer](#) should begin that conversation in their 40s.

Skin: Since men are more likely than women to develop melanoma, the deadliest form of skin cancer, monthly self-exams are important by age 50. Men should bring any changes in moles or suspicious skin areas to a doctor's attention and get a yearly skin check.

Testicular: Beginning in their 20s, men should have a testicular exam during their routine physical and learn how to do a self-exam. This will help them recognize changes that they can bring to a doctor's attention. Rates of this cancer are highest in men between 20 and 34 years of age. Testicle checks should continue for as long as the doctor recommends.

More information: Johns Hopkins Medicine has a guide to men's [health screenings](#).

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