



MSK Direct

# Men's Health



Cancer screening is checking for cancer when you don't have symptoms. Screenings can help find cancer early, when it's easier to treat. Treating cancer early often means there's a better chance of curing it.



## Colorectal Cancer

Colorectal cancer is the third most common cancer in both men and women in the US.

**Should I be screened for colorectal cancer?** MSK recommends that:

- People at average risk start getting screened at age 45.
- People at higher risk for colorectal cancer talk with their healthcare provider about when to start screening.
- If you are 75 or older, talk with your healthcare provider about whether screening is right for you.
- Routine screening is not generally recommended after age 85



## Prostate Cancer

There is clear evidence that screening with a prostate-specific antigen (PSA) test can reduce the number of deaths from prostate cancer. However, prostate cancer often grows so slowly that it may not cause any problems in your life.

**Should I be screened for prostate cancer?** MSK's screening recommendations for prostate cancer are:

- **Starting at age 45:**  
baseline PSA test (blood test)
- **Ages 50 to 70:**  
repeat PSA tests as required based on previous results
- **Ages 71 to 75:**  
Speak to your doctor about whether to have a PSA test at all.\*

\*A high PSA level at this age does not necessarily mean that a prostate biopsy is required. Your doctor will repeat the test after a few months to assess risk and will investigate whether there is another reason to explain the increase.



## Male Breast Cancer

Breast cancer affects men as well as women, but it is about 100 times less common in men. About 1 in 800 people assigned male at birth are at risk of getting breast cancer in their lifetime. Males who develop breast cancer often do so later in life, around the ages of 65 to 70.

**Should I be screened for breast cancer?**

There are no current recommendations for breast cancer screening in men because the incidence is so low, even in men with a mutation in the BRCA gene. However, as we continue to learn about male breast cancer, we may discover that certain populations of men should be routinely screened. If you are a transgender man or a nonbinary person, you can still be at risk for breast cancer. This is true even if you had top surgery. Talk to your doctor about your individual risk for male breast cancer.



## Lung Cancer

Lung cancer is one of the most common cancers. It develops when abnormal cells grow in either the lungs or the bronchi (the air tubes that lead to the lungs).

### Should I be screened for lung cancer?

MSK recommends you get screened every year if you are between the ages of 50 and 80 and:

- Smoke now or quit smoking within the past 15 years
- Have smoked an average of 1 pack a day for 20 years or what comes out as the same number of cigarettes.

For example, you could have smoked 2 packs a day for 10 years or a half pack a day for 40 years. MSK generally recommends that you do not get screened if you have a disease or illness so severe that it would be very hard for you to have more testing and treatment.



## Skin Cancer

Anyone can get skin cancer, regardless of skin color. It is estimated that one in five Americans will be diagnosed with skin cancer in their lifetime. When caught early, skin cancer is highly treatable.

### Should I be screened for skin cancer?

MSK recommends you check your own skin regularly, every month. This is called a skin self-exam. You can check for skin spots or moles that are new or changing. This can help you find problems before they become cancer. Visit your healthcare provider if you see something on your skin that does not look right.



## Testicular Cancer

Testicular cancer is very rare. It makes up only 1% of all cancers that affect men. Most cancers often affect older people, but testicular cancer does not. People in their teens, 20s, and 30s are more likely to get testicular cancer.

### Should I get screened for testicular cancer?

There is no standard or routine screening test for testicular cancer. The most common signs of testicular cancer are pain, swelling, or a lump or hardness in the testicle. If you find a lump in a testicle, please see your healthcare provider right away.

Less common symptoms include:

- Pain in your lower abdomen (belly) or groin
- Tenderness in the breast area
- A painless lump in the testicle
- Heaviness in the scrotum
- Back pain

These symptoms do not always mean you have cancer; see your healthcare provider if you have any of them.

## Connect with us.

The MSK Direct team is available to help you and your family make smart decisions about the best cancer care options at MSK or close to home. Call your dedicated MSK Direct phone number: **646-449-1515** or visit [msk.org/mskdirectforyou](https://www.msk.org/mskdirectforyou) to learn more.

