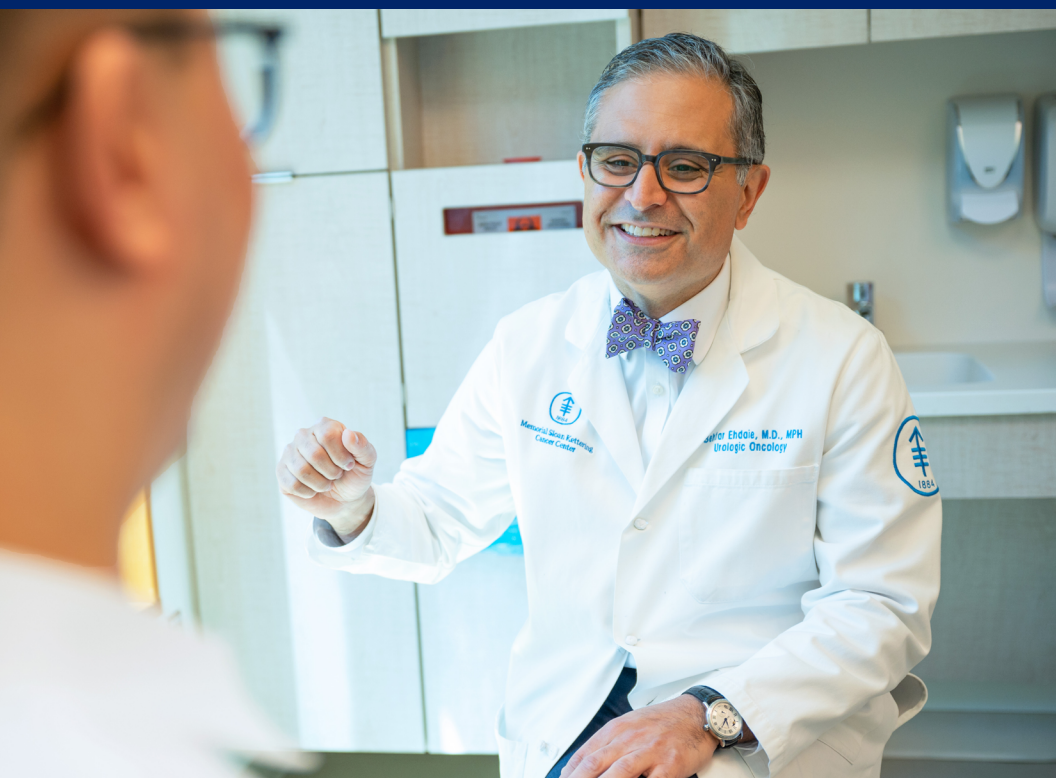


MSK Direct

What To Know About Prostate Cancer Screening



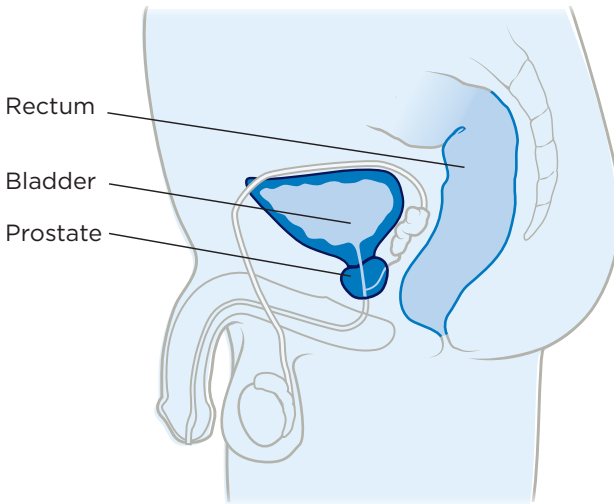
1 in 8 males will be diagnosed with prostate cancer.



Memorial Sloan Kettering
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What is Prostate Cancer?

Prostate cancer affects the cells in your prostate. Your prostate is a walnut-sized gland that makes and stores semen. It is located below your bladder and in front of your rectum.



What is Screening?

Checking for cancer (or for cells that may become cancer) in people who have no symptoms of cancer is called screening. Screening can find cancer early when it is easier to treat.

One type of screening test is a Prostate-Specific Antigen (PSA) test. This blood test measures your level of PSA, a protein made in the prostate gland. A PSA test can help find prostate cancer early when it is easier to treat.

What is My Risk?

Knowing your risk for prostate cancer is the first step in deciding whether screening is right for you. A risk factor is anything that increases your chance of getting a disease, such as cancer.

Anyone with a prostate gland can develop prostate cancer. This includes people of all genders who were assigned male at birth, including transgender women. If you're a transgender woman and had gender-affirming surgery, you probably still have a prostate gland. You should talk with your healthcare provider about being screened.

Age is the biggest risk factor for prostate cancer. The older you are, the more likely you are to develop prostate cancer. Other factors that put you at higher risk for developing prostate cancer include:

- Having a close relative, such as a parent or sibling with prostate cancer. This is especially true if they were diagnosed before age 60.
- Having changes (mutations or variants) in certain genes passed down from a parent. These genes include BRCA1 or BRCA2 genes, HOXB13, and ATM. Our clinical genetics experts are available to help you understand your level of risk.
- Your Race. Prostate cancer affects the Black community at a higher rate than any other race in the United States.

Black males are 50% more likely to get prostate cancer than any other race.

Talk with your healthcare provider about your risk for prostate cancer and the pros and cons of getting screened. This can help you decide whether screening is right for you.



Is Screening Right For You?

Most prostate cancers are not a problem because they grow slowly. Many people who get prostate cancer will live a long life. But prostate cancer can sometimes spread to other parts of your body. If you decide to have prostate cancer screening, MSK recommends you follow the latest guidelines below. These guidelines apply to people at average risk who are expected to live 10 years or longer. They may be different from those of other groups of experts.

- If you're age 45 to 49. Consider discussing with your healthcare provider the pros and cons of having a baseline PSA. If you decide to get a test and your PSA level is:
 - 3 ng/mL or higher, talk with your healthcare provider about having a biopsy of your prostate.
 - Between 1 and 3 ng/mL, have another PSA test every 2 to 4 years.
 - Less than 1 ng/mL, have another PSA test between the ages of 51 and 55.

- If you're age 50 to 59. Consider having your level checked. If you decide to get a test and your PSA level is:
 - 3 ng/mL or higher, talk with your healthcare provider about having a biopsy of your prostate.
 - Between 1 and 3 ng/mL, have another PSA test every 2 to 4 years.
 - Less than 1 ng/mL, have another PSA test at age 60.
- If you're age 60 to 70. Consider having your PSA level checked. If you decide to get a test and your PSA level is:
 - 3 ng/mL or higher, talk with your healthcare provider about having a biopsy of your prostate.
 - Between 1 and 3 ng/mL, have another PSA test every 2 to 4 years.
 - Less than 1 ng/mL, no further screening is recommended.
- If you're age 71 to 75. Talk with your healthcare provider about whether to have a PSA test. This decision should be based on past PSA levels and your health.
- If you're age 76 or older. MSK does not recommend you get screened for prostate cancer.

Prostate cancer is the second most common cancer among males over 50 years old.

Actions You Can Take Today

- Know your risk for prostate cancer.
- Learn about the screening tests that check for signs of prostate cancer.
- Talk with your healthcare provider about whether screening is right for you.

MSK Direct

Your employer partners with Memorial Sloan Kettering Cancer Center (MSK) — one of the top cancer hospitals in the nation, with more than 135 years devoted to exceptional patient care and cutting-edge medicine — to offer you MSK Direct.

With MSK Direct, you and your family have access to expert cancer guidance, no matter where you're located. MSK Direct is your pathway to the highest-quality cancer solutions and services for screening and prevention, diagnosis, treatment, and life after cancer for both adults and pediatric patients. Whether you have cancer, are concerned about your risk of cancer, or are a caregiver, MSK Direct is here for you.

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



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**As of December 8, 2022.*



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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.



MEN'S CANCER SCREENING:

What You Need to Know



Memorial Sloan Kettering
Cancer Center



Finding Cancer Early Can Save Your Life.

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.

Memorial Sloan Kettering (MSK) doctors recommend getting screened for the most common cancers, such as colorectal, lung, prostate, and skin.

Keep reading to learn when you should get screened.



CANCER	SCREENING TEST	AGES
Skin	Monthly skin self-exam	Depends on risk
Colorectal	Colonoscopy	45+
Lung	Low-dose CT scan	50-80 (with a history of smoking)
Prostate	First (baseline) PSA test Repeat PSA test as required	starting at 45 50-70

These are our recommended cancer screening tests for people with an **average risk of disease**. You may be at higher risk depending on your family history and other factors. Learn more about risk factors for cancer in other sections of this brochure.

For more information on cancer risk, please visit www.mskcc.org/cancer-care/risk-assessment-screening/screening-guidelines or scan the QR code.



Skin cancer is the most common kind of cancer. If skin cancer is found early, it's easier to treat.

Non-melanoma skin cancers, including basal cell carcinoma and squamous cell carcinoma, are the most common forms of skin cancer. They are usually found on the face, neck, hands, or other areas often exposed to the sun.

Melanoma, the most serious form of skin cancer, can develop anywhere on the body and is extremely dangerous because it can spread to other areas.

Anyone can develop skin cancer, regardless of skin tone. Our experts do not recommend skin cancer screenings for most people. We don't recommend them if you have no history of skin cancer or unusual areas on your skin. **However, if you're at higher risk, regular skin cancer screenings may help.**

During your care, your healthcare provider may recommend you get checked by a dermatologist (skin doctor). We recommend you talk about getting a skin cancer risk assessment if you have:

- A family history of melanoma in 2+ relatives related to you by blood.
- Many moles or atypical (dysplastic) moles.
- Many actinic keratoses spots.
- A personal history of many basal cell or squamous cell skin cancers.

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.

COLORECTAL CANCER Screening Recommendations



Colorectal cancer starts when healthy cells in your colon or rectum change and grow. They form a mass called a tumor. Colorectal cancer includes cancers found in the colon or rectum.

You are at average risk if you are 45 or older and have:

- No symptoms.
- Never had colorectal cancer. Your close family members related to you by blood (parents, siblings, or children) have never had the disease.
- Never had polyps (growths that are not cancer but can become cancer) in your colon or rectum.
- Never had inflammatory bowel disease, such as ulcerative colitis or Crohn's colitis.

MSK recommends that people at average risk for colorectal cancer start getting screened at age 45.

MSK recommends that 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.



LUNG CANCER Screening Recommendations



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).

Important risk factors for lung cancer include your age, and how many years you have smoked, if any. Here are some other factors that may put you at risk:

- Breathing in the smoke of other people (secondhand smoke).
- Exposure to radon (a radioactive gas found in some homes and buildings).
- Breathing in other substances that cause cancer, such as asbestos, arsenic, and exhaust from vehicles or machines.
- Having a family member related to you by blood with 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.



TESTICULAR CANCER Screening Recommendations



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.

Testicles (testes) are located below your penis. They are 2 small, egg-shaped glands that make and store sperm. The loose skin around them is called the scrotum.

Risk factors for testicular cancer:

Testicular cancer is not linked to any habits, activities, or lifestyles. But there are 2 important risk factors that can raise your chance of getting the disease.

- An undescended testicle. Testicles descend (drop down) from the abdomen to the scrotum before you're born. If you were born with a testicle that did not descend, you have a greater risk of testicular cancer. That's true even if you had surgery to fix the problem.

- You already had testicular cancer. If you had cancer in 1 of your testicles, you're more likely to get cancer in the other one. However, the lifetime risk of this happening is low (1% to 2%). Out of every 100 people who had testicular cancer, only 1 or 2 will get it again.

Signs and symptoms:

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. It's very important to find the cancer early, so it's easier to treat.



PROSTATE CANCER Screening Recommendations



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. For that reason, many people do not benefit from treatment for prostate cancer and can suffer from side effects, such as long-term problems with urinary and sexual function.

MSK's screening recommendations for prostate cancer are for people expected to live at least 10 years.

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.

PSA testing based on levels:

- if baseline PSA test level is less than 1 ng / mL, no need to repeat the test for several years
- if PSA test level is between 1 and 3 ng / mL, repeat the test every two to four years
- if PSA test level is greater than 3 ng / mL, repeat the test in six weeks if still greater than 3 ng / mL, men should talk with their doctor about having a biopsy of the prostate.

You are at higher risk for more aggressive forms of prostate cancer if you:

- are of African American heritage
- have a family history of prostate cancer



Breast cancer affects men as well as women, but it is about 100 times less common in men.

At MSK, we have specialists who regularly care for men with breast cancer. We recognize that it can feel isolating as a man with this disease, and we are here to support you every step of the way.

Who is most at risk for male breast cancer?

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.

You are at a higher risk for male breast cancer if you:

- Have a family history of male breast cancer
- Have a mutation in the BRCA1 or BRCA2 gene, two genes that are linked to breast cancer
- Have a genetic syndrome such as Klinefelter syndrome that increases the body's production of estrogen
- Are a transgender woman who takes or has taken estrogen hormones

Should men 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.

MSK Direct

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With MSK Direct, you and your family have access to expert cancer guidance, no matter where you're located. MSK Direct is your pathway to the highest-quality cancer solutions and services for screening and prevention, diagnosis, treatment, and life after cancer for both adults and pediatric patients. Whether you have cancer, are concerned about your risk of cancer, or are a caregiver, MSK Direct is here for you.

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









Memorial Sloan Kettering
Cancer Center

Early Detection Saves Lives!



Cancer screenings are crucial because they allow for the early detection of cancer, when it is most treatable and has the highest chance of successful treatment.

The following are our recommended cancer screening tests for people with an average risk of disease. You may be at higher risk depending on your family history and other factors. Talk to a doctor about which tests you might need and the screening schedule that's right for you. It's a good idea to also talk about risk factors, such as lifestyle behaviors and family history that may put you or your loved one at higher risk.

CANCER	WHO	SCREENING TYPE	STARTING AGE	FREQUENCY
 Cervical	Female	Pap test	21	Every 3 years
		HPV test	21	Every 5 years
 Breast		Self-exam	21	Monthly
		Exam by provider	25	As part of routine checkups
		Mammogram	40	Annually or as recommended
 Prostate	Male	PSA test (baseline)	45	As recommended
 Colorectal	All Genders	Colonoscopy	45	Every 10 years or as advised
 Lung		Low-dose CT scan	50	Only with smoking history
 Skin		Self-exam	Risk-dependent	Monthly



Questions to Ask Your Doctor About Getting Screening:



What cancer screenings are recommended for my age and risk factors?



What are the benefits and risks of each recommended screening test?



How often should I get screened for each type of cancer?



Does my insurance cover cancer screenings?



What does a positive screening test mean?



What are the next steps if a screening test is abnormal?

Connect with us.

If you or a loved one have been impacted by, diagnosed with or have a suspicion of cancer and would like to explore the options at MSK, call MSK Direct: **646-449-1515** or visit msk.org/mskdirectforyou.



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Testicular Cancer Awareness



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.

Testicles (testes) are located below your penis. They are 2 small, egg-shaped glands that make and store sperm. The loose skin around them is called the scrotum.

Risk factors for testicular cancer

Testicular cancer is not linked to any habits, activities, or lifestyles.

But there are 2 important risk factors that can raise your chance of getting the disease.

- An undescended testicle. Testicles descend (drop down) from the abdomen to the scrotum before you're born. If you were born with a testicle that did not descend, you have a greater risk of testicular cancer. That's true even if you had surgery to fix the problem.
- You already had testicular cancer. If you had cancer in 1 of your testicles, you're more likely to get cancer in the other one. However, the lifetime risk of this happening is low (1% to 2%). Out of every 100 people who had testicular cancer, only 1 or 2 will get it again.

Signs and symptoms

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. It's very important to find the cancer early, so it's easier to treat.

Connect with us.

The MSK Direct team is available to help you and your family make smart decisions about the best cancer care options. Learn more by visiting msk.org/mskdirectforyou or call the dedicated MSK Direct phone number: **646-449-1515**.



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MSK Direct Prostate Cancer



Prostate cancer, a common male cancer in the gland producing semen (prostate), often shows no early symptoms, highlighting the importance of screenings (like a PSA test) and risk awareness for better treatment outcomes.

Signs & Symptoms

When symptoms appear, they may include:



- Difficulty starting or stopping urination
- Weak or slow urine flow
- Frequent urination (especially at night)
- Pain or burning during urination
- Blood in urine or semen
- Erectile dysfunction

Non-cancerous conditions can cause these symptoms; consult a healthcare provider for evaluation.

When to Call a Doctor

Speak with a healthcare provider if:



- You are age 45+ and want to discuss screening
- You have a family history of cancer
- You have symptoms or urinary changes
- You want to learn about genetic testing

Who is at Risk?



Risk increases with:

- Age (risk rises significantly after age 50)
- Family history of prostate cancer
- African ancestry Diet and lifestyle
- Inherited genetic mutations (such as BRCA1 or BRCA2)

Genetic testing may be recommended if you:

- Have a family history of prostate, breast, ovarian, pancreatic, or colorectal cancer
- Have relatives diagnosed at a young age
- Have multiple family members with cancer



Take Action

Early detection starts with awareness, so listen to your body, know your family history and ask your doctor about genetic testing, and don't ignore symptoms that don't go away.

If you have been diagnosed with or suspect you have cancer, please don't wait. Call MSK Direct at **646-449-1515** or visit msk.org/mskdirectforyou to learn more.

