

Prostate Cancer

Who Is at Risk?

Most cases of prostate cancer occur in men older than 50, and more than 70% of these cases are in men over 65. For reasons that are still unknown, African American men are more likely than white men to develop prostate cancer and are more than twice as likely to die from it. Having one or more close relatives with prostate cancer also increases a man's risk of developing this disease, as does eating a diet high in animal fat.

The Best Defense: Early Detection

Prostate cancer can usually be found in its early stages by having a prostate-specific antigen (PSA) blood test and a digital rectal exam (DRE). Talk to your doctor about what's right for you.

Your doctor should offer you the PSA blood test and DRE every year starting when you are 50. Talk about the benefits and limitations of testing with your doctor so that you can make an informed decision about testing. If you are at high risk for prostate cancer (if you are African American or have a father or brother who had prostate cancer at a young age), you should begin having these tests at age 45.

Lung Cancer

Who Is at Risk?

People who smoke are at the greatest risk of getting lung cancer and a host of other tobacco-related diseases such as heart

disease, stroke, and emphysema. Smoking is responsible for more than 80% of all lung cancers. Other risk factors include exposure to radon and asbestos, particularly for smokers.

The Best Defense: Prevention

Lung cancer is one of the few cancers that can often be prevented, because it is usually caused by smoking. If you are a smoker, ask your doctor or nurse to help you quit. If you don't smoke, don't start. If your friends and loved ones are smokers, you can help them quit. For help quitting, call **1-800-ACS-2345**.

Colon Cancer

Who Is at Risk?

Most colorectal cancers (commonly known as "colon cancers") are found in people over age 50. People with a personal or family history of the disease, or who have polyps in the colon or rectum or inflammatory bowel disease, are at greater risk than the general population. A diet mostly of high-fat foods (especially from animal sources), being overweight, smoking, and being inactive also increase a person's risk for this disease.

The Best Defense: Prevention and Early Detection

Colon cancer almost always starts with a polyp. Testing can save lives by finding polyps before they become cancerous. If precancerous polyps are removed, colon cancer can be prevented. Eating a low-fat diet rich in fruits and vegetables may also lower the risk of colon cancer.

The American Cancer Society recommends one of these five testing options for all people beginning at age 50.

- Yearly fecal occult blood test (FOBT)
- Flexible sigmoidoscopy every five years
- Yearly FOBT and flexible sigmoidoscopy every five years (preferred over either of the first two options alone)
- Double contrast barium enema every five years
- Colonoscopy every 10 years

Your doctor can help you make an informed decision about the best testing method for you. If you are at higher risk for colon cancer, talk with your doctor about a different testing schedule.

The Best Defense Against Cancer

Early detection – finding a cancer early before it has spread – gives you the best chance to do something about it. Knowing about these cancers and how they can be prevented or found early can save your life.