

Men's Health



Men have higher rates of getting and dying from cancer than women. Learn how to lower your cancer risk.

Screening tests

Screening means checking your body for cancer before you have symptoms. All screening tests have benefits and harms. Screening is recommended when the benefits outweigh the harms.

Colorectal cancer screening

If you're 45 to 75 years old, get screened regularly.

You should start getting screened for colorectal cancer soon after turning 45, and get screened regularly until you're 75. Several screening tests are available. Some can be done at home, and others are done in a doctor's office. Talk to your doctor about which test is right for you.

[Learn more about colorectal cancer screening.](#)

Lung cancer screening

Screening is recommended for people who are 50 to 80 years old and are current or former heavy smokers. The U.S. Preventive Services Task Force, a group of experts, recommends yearly lung cancer screening with low-dose computed tomography (LDCT) for people who are 50 to 80 years old, have a history of heavy smoking, and smoke now or quit within the past 15 years.

[Learn more about lung cancer screening.](#)

Prostate cancer screening

Middle-aged men should talk to their doctor about the possible benefits and harms of screening.

The goal of screening for prostate cancer is to find cancers that may be at high risk for spreading if not treated, and to find them early before they spread. However, most prostate cancers grow slowly or not at all.

A blood test called a prostate specific antigen (PSA) test is commonly used to screen for prostate cancer. If you are thinking about being screened, learn about the possible benefits and harms of screening, and talk to your doctor about your personal risk factors.

[Learn more about prostate](#)