

Recommendations for Men

Site	Age	Test/Procedure Name	Description	Frequency
Colorectal	50+		The type of procedure you or your doctor selects will determine how often you should be tested.	
		Fecal Occult Blood Test (FOBT)	Involves taking a sample of your feces to determine if there is any hidden blood	Annually.
		Flexible sigmoidoscopy	A slender, hollow, lighted tube is placed into the rectum to help find cancer or polyps on the inside of the rectum and part of the colon.	Every 5 years, starting at age 50.
		Colonoscopy	Examination of the colon with a long, flexible, lighted tube called a colonoscope.	Every 10 years, starting at age 50.
		Double Contrast Barium Enema (DCBE)	Barium sulfate, a chalky substance, is used to partially fill and open up the colon. Air is then inserted to expand the colon, allowing x-ray films to show abnormalities.	Every 5 years, starting at age 50.
Prostate	50+	Prostate Specific Antigen (PSA)	A blood test to determine the level of gland protein made primarily by the prostate	Annually, starting at age 50.
Prostate	50+	Digital Rectal Exam (DRE)	The doctor inserts a gloved finger into the rectum to feel for anything not normal	Men in high-risk groups, such as African Americans or those with family history of prostate cancer should begin screening at age 45.