



BECAUSE I LOVE FRIENDS

Preventative screening for cancer is one of the most important steps you can do for your health. A healthy diet, regular exercise, avoiding smoking, and minimal alcohol consumption also help to reduce risk. Early detection leads to better outcomes.

Review our screening guidelines and work with your healthcare provider to personalize the optimal screening schedule for you.

OHC

SPECIALISTS IN CANCER
AND BLOOD DISORDERS

**For more information,
call 1-888-649-4800 or go to ohcare.com.**

Men in their 60's

In Your **Sixties** - Men

■ **Colon Cancer**

People at average risk and should continue regular colorectal cancer screenings.

■ **Lung Cancer**

If you are a current or former smoker (within the last 15 years), please discuss your smoking history with your healthcare provider to determine if screening with a low-dose CT scan is recommended.

■ **Pancreatic Cancer**

Those with a strong family history (sibling, parent, or second-degree relatives), certain inherited abnormalities and syndromes, should discuss screening with their healthcare provider.

■ **Prostate Cancer***

- Age 50-69: Consider having a screening if you are at an average risk and expected to live at least 10 more years. The decision to screen with PSA should be based on patient preference, family history, and current health.

■ **Testicular Cancer***

Perform monthly self-exams to become familiar with how your testicles normally look and feel. Report any changes to your healthcare provider. Your healthcare provider should examine your testicles as part of your annual checkup.

■ **Skin Cancer**

Perform monthly visual self-exams of your skin and report changes to your healthcare provider. Your healthcare provider should examine your skin as part of your annual checkup. Avoid tanning beds, wear a broad-spectrum, water-resistant sunscreen with an SPF of at least 30, and seek shade from 10:00 a.m. – 2:00 p.m.

■ **Oral Health**

Regular dental check-ups are recommended which include an oral exam by your dentist to look for any signs of oral cancer.

■ **Yearly Physical Exam**

It is important for a man to become established with a healthcare provider for yearly physical exams. Any unusual symptoms should be reported.

**Preventative screening guidelines are advised for individuals based on their sex assigned at birth. If a person has had surgical reassignment, they should discuss screening guidelines with their healthcare provider.*

