

# I CAN NEWSLETTER

Fighting cancer through science, healthy living, and prevention

## In This Issue

In this edition of Texas Oncology's newsletter, we focus on men's health.

- Men and Cancer: Truth in Numbers
- Schedule a Screening
- Young at Heart: Cancer Vigilance Throughout Life
- Not Just an Older Man's Disease
- Get the Men in Your Life to Get Checked
- Cancer Prevention and Detection

### Men's Health Fast Facts

- Screening Checklist
- Prostate Cancer
- Testicular Cancer
- Colorectal Cancer
- Lung Cancer
- Skin Cancer
- Anal Cancer
- Head and Neck Cancers
- Male Breast Cancer

For information about cancer screenings and fact sheets, visit [www.TexasOncology.com](http://www.TexasOncology.com) and click "Cancer Fact Sheets."

### Inside Texas Oncology

- Find a Location
- Find a Provider
- Make a Referral
- Fact Sheets on Other Cancers

Visit [www.TexasOncology.com](http://www.TexasOncology.com) for more information and tips.

### Newsletter Subscription

- Subscribe
- Download a PDF Version
- View Past Editions

To subscribe to our e-newsletter about cancer prevention, detection, and treatment, visit [www.TexasOncology.com](http://www.TexasOncology.com) and click "Newsletter."

### About Texas Oncology

Texas Oncology delivers high-quality cancer care with leading-edge technology and advanced treatment and therapy options to help patients fight cancer, right in their own communities.

A pioneer in community-based cancer care, Texas Oncology is an independent oncology practice with sites of service throughout Texas, southern New Mexico, and southeastern Oklahoma. Texas Breast Specialists and Texas Urology Specialists are a part of Texas Oncology. Texas Oncology patients have the opportunity to take part in some of the most promising clinical trials in the nation for a broad range of cancers. For more information, visit [www.TexasOncology.com](http://www.TexasOncology.com).

ISSUE **02** APRIL 2011  
VOLUME 02

**TEXAS ONCOLOGY**  
More breakthroughs. More victories.™



## Men and Cancer: Truth in Numbers

One in two men will have cancer at some point in his life. Some men will battle that diagnosis in their 20s; others will face cancer at a later age. Either way, men with cancer don't fight it alone.

A third of all cancers, like those of the colon and lung, are more preventable than others. Unhealthy habits, such as smoking, drinking, and eating poorly, can all contribute to an increased cancer risk, specifically for lung, liver, and colon cancers.

**“The most important things men can do are to watch for warning signs, undergo regular screenings, avoid tobacco, eat nutrient-rich foods, and exercise regularly.”**

**– Kevin Doner, M.D.**

**Medical Oncologist, Texas Oncology–Austin  
North and Cedar Park**

Other cancers, such as testicular cancer, leukemia, and lymphoma, are associated with unknown risk factors, or conditions that may be present from birth. While there are limited options for men to protect against these types of cancer, men should be aware of the symptoms and regularly watch for irregularities or pain. Early detection is key to successful treatment.



## Schedule a Screening

Screening exams increase the likelihood of early-stage diagnoses, when treatment is most effective. Make sure you or the men in your life schedule screenings regularly:

### Men in their 20s and 30s:

- ✓ Self-check the groin and testicle area for any pain, discomfort, or abnormal lumps.
- ✓ Check skin once a month for any changes in moles or other birth marks.
- ✓ Get the HPV vaccine (ages 9-26).

### Men in their 40s:

- ✓ Self-check the groin and testicle area for any pain, discomfort, or abnormal lumps.
- ✓ Get tested for prostate cancer (high-risk men).
- ✓ Get screened for colorectal cancer (high-risk men).
- ✓ Check skin once a month for any changes in moles or other birth marks.

### Men in their 50s:

- ✓ Begin colorectal cancer screening with a colonoscopy or other test recommended by a physician.
- ✓ Discuss the options for prostate cancer screening with a physician, including the prostate-specific antigen (PSA) blood test and digital rectal exam (DRE).
- ✓ Check skin once a month for any changes in moles or other birth marks.

Personal and family history or genetic conditions may affect the age that screenings should start and their frequency. Talk to your doctor to determine what is best for you.



## Young at Heart: Cancer Vigilance Throughout Life

Seasoned. Experienced. Wise.

A number of terms describe men in their late 40s, 50s, and beyond, but cancer victim shouldn't be one of them. Of the cancers found in men of their later years, prostate, lung, and colon are the most commonly diagnosed. They also represent the highest number of cancer deaths.



The good news is that screening or prevention methods exist for all three. Men in their 50s should get screened for colon and prostate cancer, as both cancers have a high survival rate if detected earlier, at more treatable stages.

**“Cancer prevention and early detection go hand in hand to decrease a man’s risk and improve potential outcomes.**

**While screening should begin in the 40s or 50s, depending on a man’s risk factors, it is never too early to take preventive measures to protect against cancer down the road.”**

**– Andrew Selzman, M.D.**  
Urologist, Texas Urology Specialists–Memorial City

Multiple studies have linked obesity, physical inactivity, and unhealthy eating with an increased risk for prostate and colon cancers, so maintaining a healthy lifestyle is critical to prevention. Likewise, smoking is the number one risk factor for lung cancer, so it is imperative that men avoid tobacco use at all ages.

## Not Just an Older Man’s Disease

Cancer affects men in all walks of life. While men under 40 may think themselves invincible in terms of health, cancer does not discriminate by age. Even for cancers typically diagnosed in later years, like lung cancer, prevention begins early.

**“Regardless of age, cancer prevention and early detection is key for all men.**

**Habits that start early can contribute to future health, so limit risky behaviors and jumpstart good ones.”**

**– Kevin Doner, M.D.**  
Medical Oncologist, Texas Oncology–Austin  
North and Cedar Park

### Some surprising facts:

- 1. Cancer affects men in their 20s.**  
Commonly diagnosed in men ages 20 to 39, testicular cancer has significantly increased in white American men over the last four decades, and has recently begun to rise in African American men. Most cases are discovered in early stages by self-exams. If treated early, testicular cancer patients have a 99 percent survival rate after five years.
- 2. Men get cancer-causing HPV.**  
While human papillomavirus has been linked to cervical cancer, the virus is not exclusive to women. According to a recent study, one in two men have the HPV infection, which can lead to anal, penile, and head and neck cancers. Having multiple sexual partners or unprotected sex increases risk.
- 3. Any tobacco causes cancer.**  
Cigarettes, cigars, and smokeless tobacco can all trigger cancer development. In fact, cigar smokers are up to 10 times more likely to die from some cancers than nonsmokers.

Men are more likely than women to smoke, drink, and carry excess weight, and all increase a man's cancer risk. A lesser-known habit is healthcare truism: one in four men doesn't see a doctor at least once a year. Often, all it takes is a slight push to get men to a checkup.

### 1. Schedule a couple's screening day.

Pick a day when you both can get checkups and screenings, such as a mammogram, PSA test, colonoscopy, or a skin exam. Reward yourselves with lunch or a trip to your favorite frozen yogurt place.

### 2. Enlist his friends.

They may have experienced a colonoscopy or prostate cancer test and can calm his fears. Convincing from a male peer to "man up" may have more influence.

### 3. Listen.

If he mentions pain or discomfort, it's time to get checked! When a man experiences symptoms, it's best to consult a physician early when issues are most treatable.



### 4. Pull out the big guns.

If he still resists, give the statistics. About 50 percent of men will develop some type of cancer in their lifetime, and one in six men will have prostate cancer.

Whether he responds to statistics, friends, or incentives, do what works to schedule that appointment.

## Cancer Prevention and Detection

Cancer is most treatable when detected early. In fact, many cancers have a nearly 100 percent survival rate if found in early stages, such as testicular, prostate, and male breast cancers. Prevention and screenings lead to more positive outcomes.



### HPV

About *half of men* carry the **HPV infection**, which can increase risk for anal, penile, and head and neck cancers.



### Skin Cancer

Many cases of skin cancer are *easily preventable by limiting exposure* to the sun's harmful rays and avoiding indoor tanning.



### Testicular Cancer

Most cases of testicular cancer are initially identified by the patient, making *self-observation critical* to early detection.



### Physical Activity

Being active helps reduce cancer risk by helping manage weight, and can also *help improve hormone levels and the immune system*.

### Nutrition

Eating fruits and vegetables can *bolster cancer defenses* and reduce risk.



### Lung Cancer

Avoiding cigarettes is the best way to prevent lung cancer. Nearly **87 percent** of lung cancer deaths are related to tobacco use.



### Prostate Cancer

Beginning at 50, men should undergo *regular prostate cancer screenings* to detect prostate cancer in more treatable stages.



### Colon Cancer

An estimated 60 percent of colorectal cancer deaths could be prevented if everyone over the *age of 50 were screened regularly*.

