

Colorectal and Prostate Cancer

- Colorectal cancer is the second leading cancer for men and third most common cause of cancer deaths in North Dakota as well as in the United States, but it doesn't have to be. If everybody age 50 and older had regular colorectal cancer screening tests, at least one-third of deaths from this cancer could be avoided.
- Prostate cancer is the number one cancer of men and the second leading cause of cancer deaths. Men ages 50 and older should speak with their healthcare provider about prostate cancer screening
- When you turn 50 years old or younger if you are at higher risk, you need to talk with your doctor about colorectal and prostate cancer screening.
- Early detection saves lives.
- Take action by being informed. Ask your healthcare provider the following questions:

Questions For Men To Ask Your Healthcare Provider

- What is colorectal cancer and prostate cancer?
- What are the risk factors for colorectal cancer and prostate cancer?
- What are the tests used to screen for colorectal and prostate cancer? At what age and how often are the screenings recommended?
- What screening tests do you recommend for me to screen for colorectal cancer and prostate cancer based on my personal and family history? Why? How often?
- There is uncertainty reported in the media and some medical literature about the benefit of the prostate cancer blood test called the Prostate Specific Antigen (PSA). What does this mean for me? (Be informed about the PSA test go to www.cdc.gov/cancer/prostate/pdf/proguide.pdf)
- If I have a family history of colorectal cancer/colon polyps or prostate cancer, do I need to be tested before I'm 50 years of age or more often than people with no risk factors?
- What's involved in preparing for colorectal and prostate cancer screening?
- Who will do the exam for colon cancer? How long does the test take? Can I return to work after the test? Can I drive? Will the test be uncomfortable or painful? Is there any risk involved?
- Who will do the exam for prostate cancer? Are there any restrictions following the test/s?
- When will I get the results for the colorectal cancer test and prostate cancer test? If there is nothing wrong, how often will I need to be tested?
- What if you find something? Will I need more tests?
- What is the cost of these tests? Will my insurance cover the costs?

For more information on prostate and/or colorectal cancer and screening go to:

<http://www.ndcancercoalition.org/resources/cancer-awareness-campaign/>

Planning for a cancer-free future.

Document developed by the North Dakota Cancer Coalition. Information obtained from the www.cdc.gov, www.preventcancer.org and www.cancer.gov