



Tip Sheet on Men's Risk Factors for Cancer, Diabetes, Heart Disease and Stroke

American Cancer Society: 1-800-ACS-2345 (1-800-227-2345), 24 hours a day, 7 days a week

American Diabetes Association: 1-800-DIABETES (1-800-342-2383), Monday - Friday, 8:30 am - 8 pm EST

American Heart Association: 1-800-AHA-USA-1 (1-800-242-8721), 24 hours a day, 7 days a week

Colorectal Cancer Risk Factors:

- Have a personal history of adenomatous polyps
- Have a personal history of colorectal cancer
- Have a family history of either colorectal cancer or colorectal adenomas diagnosed in a first-degree relative before age 60
- Have a history of inflammatory bowel disease for more than 8 years
- Have a family history or genetic testing indicating the presence of hereditary nonpolyposis colorectal cancer (HNPCC) or familial adenomatous polyposis (FAP)

For more information about colorectal cancer:

American Cancer Society's Colorectal Cancer Overview: <http://www.cancer.org>

Prostate Cancer Risk Factors:

- Are African American
- Have a first-degree relative diagnosed with prostate cancer before age 65

For more information about prostate cancer:

American Cancer Society's Prostate Cancer Overview: <http://www.cancer.org>

Diabetes Risk Factors:

- Are overweight
- Are physically inactive
- Are over the age of 45
- Have a family history of diabetes (parent, brother, or sister)
- Are a member of higher-risk ethnic population (e.g., African American, Hispanic/Latino, Native American, Asian American, Pacific Islander)
- Have high blood pressure (140/90 mmHg or higher)
- Have abnormal blood fat levels (cholesterol or triglycerides)
- Have ever been told you have pre-diabetes
- Have a history of heart disease or stroke

For more information about diabetes:

American Diabetes Association's Diabetes Overview: <http://www.diabetes.org/about-diabetes.jsp>

Heart Disease and Stroke Risk Factors:

- Cigarette smoking, including exposure to secondhand smoke
- Have high blood pressure (140/90 mmHg or higher) or take medication for high blood pressure
- Have a low HDL cholesterol (less than 40 mg/dL)
- Have a family history of early heart disease – in your father or a brother before age 55 or in your mother or a sister before age 65
- Are a woman 55 years or older, or a woman who went through early menopause
- Are a man 45 years or older
- Have diabetes

For more information about heart disease and stroke:

American Heart Association's Heart Disease and Stroke Overview: <http://www.heart.org>