

# Living Well Tip of the Week

**Get tested for cancer. It's one of your best defense strategies for beating the disease. If cancer is hiding out in your body, regular check-ups will help your doctor find the disease as early as possible.**

*(UT MD Anderson Cancer Center)*

## Get the Facts: Men's Cancer Check-up

- ❖ Don't wait for signs of illness to show-up
- ❖ Get your prostate checked
- ❖ Get a colonoscopy to prevent and find cancer early
- ❖ Look for skin changes
- ❖ Ask your doctor about your personal risk for cancer
- ❖ Get the right test at the right age



Source: UT MD Anderson's [Focused on Health](#)

Check out the Living Well Health Manager Health Topic Section.  
Go to [www.webmdhealth.com/ut](http://www.webmdhealth.com/ut) Click on “**Health Topic**” then go to “**Men's Health**”