Learn how to spot and prevent cancer

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Cancer can affect people of all ages, genders and ethnicities. That's why it's so important to become familiar with the warning signs and make sure you're taking advantage of potentially life-saving health screenings. After all, lowering your risk of cancer can be one of the keys to a longer, healthier life for you and your loved ones.

RECOMMENDED CANCER SCREENINGS

BREAST CANCER

Women age 50 to 74 at average risk for breast cancer should receive a mammogram every two years. Some experts recommend different ages to start screening and different screening frequencies. If you are over 40, talk to your physician about what is right for you.

CERVICAL CANCER

Women should begin screening at age 21 and repeat every three years until age 65 OR every five years from age 30 to 65 if using a combined pap smear and human papillomavirus (HPV) screening.

PROSTATE CANCER

Men should begin screening at age 55 and continue until age 69. Starting at age 45, men at higher than average risk of prostate cancer should talk with a doctor about the uncertainties, risks and potential benefits of testing.

COLORECTAL CANCER

Men and women should begin screening at age 45 and continue until age 75.

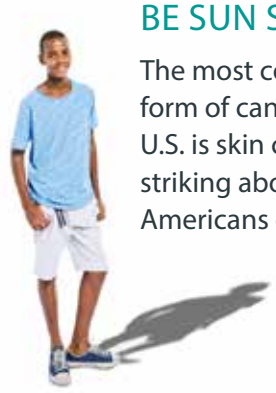
LUNG CANCER

Men and women age 55 to 80 should receive a yearly lung cancer screening if they have a history of heavy smoking and smoke now or have quit within the past 15 years.

SKIN CANCER

Men and women should report any unusual moles and warts or changes in skin to their doctor. Also talk to your doctor if you are at increased risk of skin cancer.

Remember these cancer-reducing tips and share them with family and friends.



BE SUN SMART

The most common form of cancer in the U.S. is skin cancer, striking about 1 million Americans each year.

PUT A LIMIT ON ALCOHOL

Drinking alcohol is linked to a greater risk of mouth, throat, voice box, esophageal, liver, breast and probably colorectal cancer.



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CANCER-PREVENTION STRATEGIES



QUIT TOBACCO

Tobacco use is the biggest risk factor for cancer – and not just lung cancer.





GET SCREENED

Talk to your health care provider about screening recommendations.

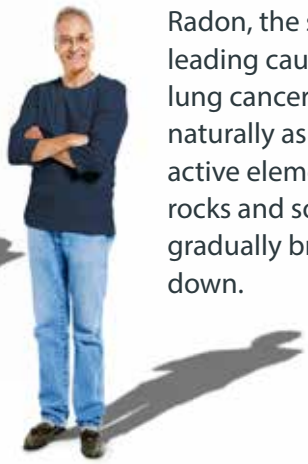
AVOID CHEMICAL EXPOSURE

Chemicals found in the environment, including some workplaces and certain hobbies, can raise your risk for many types of cancer, including kidney and bladder.



STAY PHYSICALLY ACTIVE

Studies show physical activity helps to maintain a healthy weight, and it may lower the risk for breast and colon cancer.



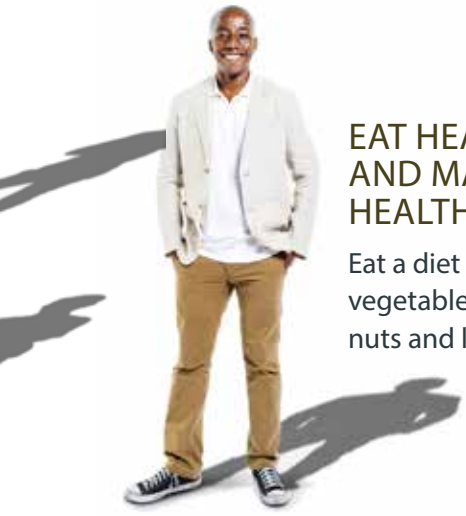
REMEMBER RADON

Radon, the second-leading cause of lung cancer, occurs naturally as radio-active elements in rocks and soil gradually break down.



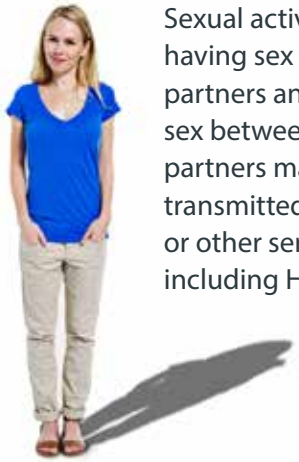
GET IMMUNIZED

Some viral and bacterial infections are associated with cancer. Discuss vaccinations with your health care provider.



EAT HEALTHY AND MAINTAIN A HEALTHY WEIGHT

Eat a diet rich in fruits, vegetables, whole grains, nuts and lean meats.



AVOID RISKY SEXUAL BEHAVIORS

Sexual activities such as having sex with multiple partners and/or unprotected sex between non-exclusive partners may lead to sexually transmitted diseases and/or other serious infections, including HPV, HIV and AIDS.

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GENETIC TESTING

When someone has a personal or family history that suggests an inherited cancer risk condition, genetic testing may be helpful.

Genetic testing looks for specific inherited changes (mutations) in a person's chromosomes, genes or proteins. More than 50 hereditary cancer syndromes have been identified. Visit the National Cancer Institute for more information about genetic testing for hereditary cancer syndromes.

POSSIBLE CANCER SIGNS AND SYMPTOMS



While the following signs and symptoms are often caused by something other than cancer, they could be your body's way of telling you that something isn't right. Listen to your gut and get checked out if they are persistent or if you have a combination of problems.

- **Persistent back pain**
- **Long-term constipation or diarrhea**
- **Pain or difficulty when urinating**
- **Unexplained weight loss**
- **Excessive fatigue that doesn't get better with rest**
- **Skin, mole or wart changes, or sores that don't heal**
- **Lumps or thickening in the testicles or breast area**
- **Nagging cough or hoarseness**
- **Unusual bleeding or discharge**
- **Indigestion or trouble swallowing**
- **White patches in mouth or on tongue**

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