



Screenings for Cancer

Take Advantage of the Technology

Tests to Screen for Cancer for Women

Take control of your risk!

- Stay away from tobacco
- Stay at a healthy weight
- Get moving with regular physical activity
- Eat healthy with plenty of fruits and vegetables
- Limit how much alcohol you drink (if you drink at all)
- Protect your skin
- Know yourself, your family history and your risks.
- Have regular check ups and cancer screening tests.

Super Foods

1. Water instead of sweetened soda
2. Whole grains: brown rice, quinoa, whole wheat, oats, rye
3. Vegetables, fresh and steamed, the least processed the better
4. Fruits: with so many varieties out there, just remember to wash the skin well before slicing or biting into it
5. Fish instead of red meat, the fewer servings of red meat, the better

The following recommendations are from the American Cancer Society. There have been many debates and discussions in the media lately about who should have what, but the American Cancer Society recommendations remain our guide.

Breast Cancer: Yearly mammograms are recommended starting at age 40 and continuing for as long as a woman is in good health. Clinical breast exam about every 3 years for women in their 20s and 30s and every year for women age 40 and over. Women should know how their breast normally look and feel and report any breast changes to their provider promptly. Breast Self exam is an option for women beginning at age 20.

- Some women, due to their family history, a genetic tendency or certain other factors, should be screened with an MRI in addition to mammograms. Talk with your doctor about whether or not you fall into this special category.

Cervical Cancer: All women should begin cervical cancer screening about 3 years after they begin having intercourse, no later than 21 years old. Screening should be done every year with the regular Pap test or every 2 years using the newer liquid based Pap test. Beginning at age 30, women who have had 3 normal pap tests in a row may go to an every 2-3 years Pap (either method) plus the HPV test. At 70 years of age or older, with 3 or more normal pap tests in a row in the last ten years, you may choose to stop having Pap test completely. Women who have had a complete hysterectomy (removal of uterus and cervix) may also choose to stop having Pap tests, unless the surgery was done as a treatment for cervical cancer or pre-cancer. Women who had hysterectomy but still have a cervix should continue to get Pap tests.

Endometrial Cancer: At the time of menopause and onwards, all women should report any unexpected bleeding or spotting to their doctors.

- Some women, because of their history, may need to consider having a yearly endometrial biopsy. Please talk with your doctor about your history.

Colorectal Cancer and Polyps: Beginning at age 50, women should follow one of the following cancer screening schedules:

Tests that find polyps and cancer:

- Flexible sigmoidoscopy every 5 years or
- Colonoscopy every 10 years or
- Double-contrast barium enema every 5 years or
- CT colonography (virtual colonoscopy) every 5 years

Tests that primarily find cancer:

- Yearly fecal occult blood test (gFOBT) or
- Yearly fecal immunochemical test (FIT) every year or
- Stool DNA (sDNA) multiple tests are required for adequate results. Colonoscopy is then done if test is positive.

Keeping You Healthy is our Number One Priority!

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Test to Screen for Cancer for Men

Prostate Cancer: The American Cancer Society recommends that men make an informed decision with their doctor about whether to be tested for cancer. Men should talk to their doctors and learn about the test, the risks and benefits of the test and the individuals risks for cancer. At age 50, talk to your doctor about the pros and cons so you can make the right decision for you. If you are African American or have a father or brother who had prostate cancer before the age of 65, you should have this talk before age 45. If you decide to be tested, you should have the PSA blood test with or without a rectal exam. How often you are tested will depend on your PSA level.

Colorectal Cancer and Polyps: Beginning at age 50, men should follow one of the following cancer screening schedules:

Tests that find polyps and cancer:

- Flexible sigmoidoscopy every 5 years or
- Colonoscopy every 10 years or
- Double-contrast barium enema every 5 years or
- CT colonography (virtual colonoscopy) every 5 years

Tests that primarily find cancer

- Yearly fecal occult blood test (gFOBT) or
- Yearly fecal immunochemical test (FIT) every year or
- Stool DNA (sDNA) multiple tests are required for adequate results. Colonoscopy is then done if test is positive.

Other Annual Wellness Tests

Heart Disease: Know Your Numbers. What is your blood pressure? Are you at risk for high cholesterol or do you already have high blood pressure? If you do not already have high blood pressure or high cholesterol, you should have a total lipid panel and a blood pressure check annually.

Goal: Total Cholesterol below 200, HDL above 60, LDL below 100. Blood Pressure below 120/80.

Diabetes: First off, know your family history. Does anyone in the family have diabetes? Are you overweight? Do you already have problems with high blood pressure or high cholesterol? These things put you at a higher risk for diabetes. Secondly, you need to be screened for diabetes annually at least, more frequently for higher risk. A hemoglobin A1c allows your doctor to do a blood test that tells him what your blood sugar is averaging for approximately three months and does not require you to be fasting.



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