

Get Healthy, Stay Healthy

Know Your Cancer Screening Options



Breast, Cervical & Colon
Health Program

Saving Lives Through Early Detection

Preventing Cancer with Healthy Choices

Sixty percent of cancer deaths
could be prevented by doing
what we already know.

(American Cancer Society, 2008).





Here are some helpful reminders for maintaining good health and preventing cancer:

Don't Smoke

Call the Tobacco Quit Line – 1-800-QUIT-NOW.

Be Active

Be active at least 2 hours and 30 minutes a week. Pick activities that you enjoy, so that you will continue to exercise regularly. Walk your dog, garden, dance or join an exercise class. Choose an activity that keeps you moving and increase the amount as you get stronger.



Maintain a Healthy Weight

Extra fat stored in our bodies produces estrogen which causes cells to grow and divide. The more often cells divide, the higher chance there is for cancer to develop.

Read Food Labels

Choose foods with less fat, salt and sugar, and more protein and fiber. Food labels tell you how much of each of these you should get in a day. Vitamin D is found in many calcium-rich foods and is important for bone health and cancer prevention.



Eat Well

Here are some healthy eating tips to think about for you and your family. Think about eating more fresh food and less processed/packaged food.

- Eat a variety of fruits and vegetables, especially dark green, red and orange vegetables and peas and beans.
- Eat at least half of your grains, like pasta, rice and bread, as whole grains.
- Eat fruits and vegetables that are in season for best value.
- Choose a variety of protein, like seafood, lean meat, chicken, eggs, beans and peas, soy and unsalted nuts.
- Choose fish and chicken/turkey more often and try other protein like lentils, navy, and pinto beans. Beans are low in calories and high in fiber and protein.
- Eat less fatty cuts of meat like bacon, sausage, hot dogs and some lunch meats.
- Choose low fat milk, yogurt, and cheese.
- Drink water instead of sugary drinks like soda pop and juice when thirsty.



For more information about how to plan healthy meals go to www.choosemyplate.gov

Drink Less Alcohol

If you drink alcohol, limit how much you drink each day. Drinking small amounts may have some health benefits. But if you don't drink, there's no need to start. Limit to one drink for women and two drinks for men each day. A drink means: 12 ounces of beer, 4 ounces of wine or 1 ½ ounces of hard liquor. Never drink and drive.

Limit Sun Exposure

Protect yourself from the sun with an SPF (sun protection factor) of 15 or higher.

Reduce harmful environmental exposure

Avoid secondhand smoke. Limit or avoid chemicals at work and at home.



Manage Stress

If stress is affecting your life, talk to a health care provider about how you can manage it. Exercise and meditation (quiet time) can reduce stress.

Sleep

Get enough restful sleep – most people need about eight hours.

Ask Questions

Make a list of questions you have for your health care provider to bring to your medical appointments.



Get Screened

Cancer screenings can find problems early when they may be more treatable. Ask your doctor about screenings for breast, cervical and colorectal cancer.

For More Information:

Cancer Prevention/Screening Recommendations

Centers for Disease Control and Prevention

- Prevention: www.cdc.gov/cancer/dcpc/prevention/index.htm

National Cancer Institute

- Prevention: www.cancer.gov/cancertopics/prevention-genetics-causes
- Screening: www.cancer.gov/cancertopics/screening/breast

United States Preventive Services Task Force

- Screening: www.uspreventiveservicestaskforce.org/recommendations.htm

Health, Food and Exercise

Centers for Disease Control and Prevention

- Healthy Eating: www.cdc.gov/healthyweight/healthy_eating/index.html
- Physical Activity: www.cdc.gov/physicalactivity
- Let's Move: www.letsmove.gov

Institute of Medicine

- www.iom.edu/Reports/2011/Breast-Cancer-and-the-Environment-A-Life-Course-Approach.aspx



Breast Health

Screening

Looking for breast cancer before symptoms appear may find cancer early.

A mammogram is an x-ray of the breast that can find tumors that are too small to detect by touch. Talk to your health care provider about whether screening is right for you.



Ask About Screening

Discuss whether screening is right for you.

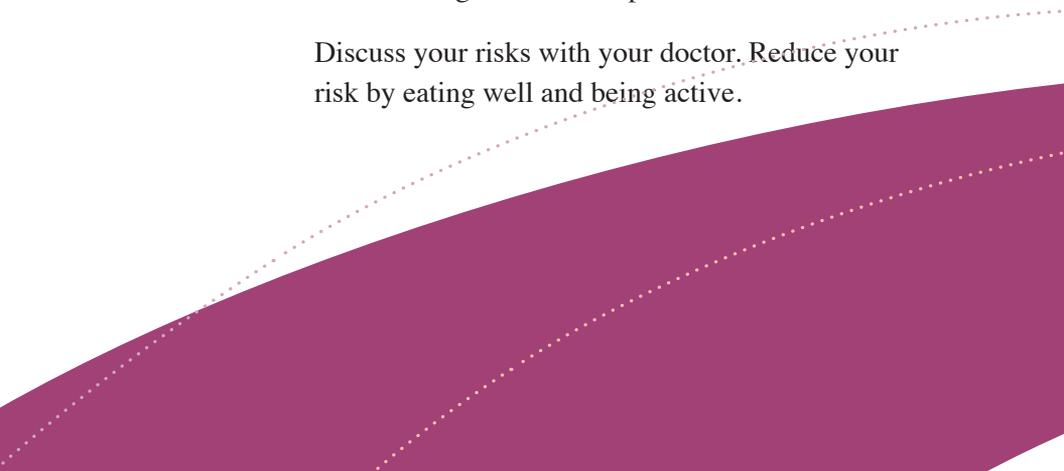
Who is at Risk?

Breast cancer risk for all women increases with age. Some women may have more risk for cancer. Any woman may develop breast cancer.

Factors that increase a woman's chance for breast cancer are:

- Two or more first degree relatives (mother or sister) who had breast or ovarian cancer at a early age (before menopause).
- Getting her period before age 12.
- Going through menopause after age 55.
- First pregnancy after age 30.
- No pregnancies.
- Overweight after menopause.

Discuss your risks with your doctor. Reduce your risk by eating well and being active.



Symptoms

If you have any of the following symptoms, see your health care provider:

- Lump or mass in breast or armpit.
- Bloody or liquid discharge from nipple.
- Scaly skin around nipple.
- Breast skin changes – dimpled (like an orange peel).
- Breast skin changes – red, hot or swollen.





Recommended Tests

Mammogram

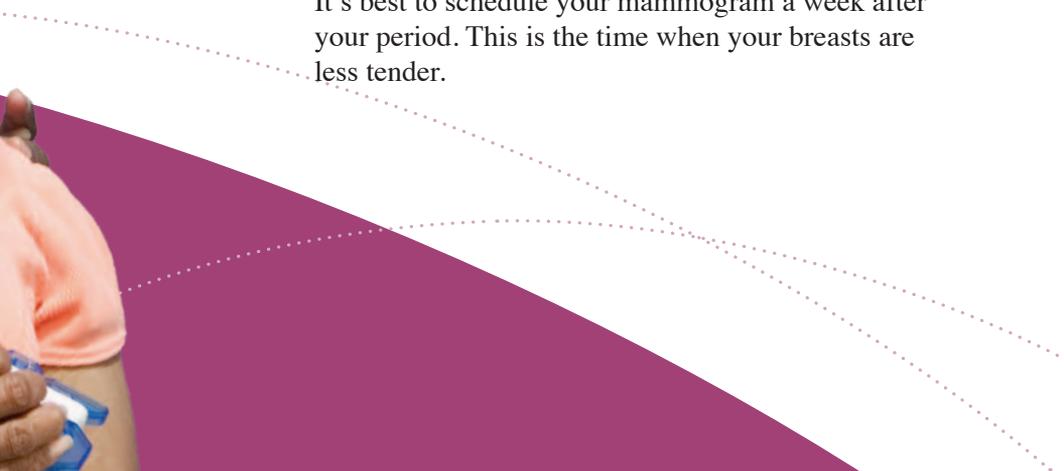
- At age 40, talk to your healthcare provider about when you should start having mammograms.
- At ages 50 - 74 consider a mammogram every 2 years.
- Your doctor may do a Clinical Breast Exam (CBE). This means examining your breast by feeling for lumps or changes in the breast.

Talk to your doctor about how often to screen.

Women may choose to screen more often because of family history, other risk factors or personal preference. Tell your provider if you have a family history of breast or ovarian cancer.

When Should You Get Screened?

It's best to schedule your mammogram a week after your period. This is the time when your breasts are less tender.



Cervical Health

Stop Cervical Cancer

Cervical cancer screening with the Pap test can stop cancer before it starts. The Pap test finds changes in the cervix which can be treated before they become cancer.



Who is at Risk?

All women are at risk for cervical cancer. Some activities increase your risk for cervical cancer.

- Starting sexual activity at an early age.
- Having multiple sex partners.
- Smoking cigarettes.

Cervical cancer is highly preventable with regular screenings.

About Cervical Cancer

Since there are usually no symptoms of cervical cancer, regular screenings are very important. Like the skin, the cervix sheds old layers of cells as new ones grow. If the cells that grow are abnormal, they can develop into cancer. It can take 10-15 years for these abnormal cells to grow into cancer.



HPV and Cervical Cancer

The human papillomavirus virus (HPV) is the main cause of cervical cancer. HPV is a very common infection. Three out of 4 women between the ages of 18-50 will get HPV at some point in their lives. Often the body clears the HPV infection. For a small number of women, HPV can cause cell changes to the cervix that can turn into cervical cancer.



HPV Vaccine

HPV is the main cause of cervical cancer. The HPV vaccine is recommended for females and males age 9 – 26 to prevent HPV infection and cervical cancer. If you have a daughter or son that age, ask your health care provider about the HPV vaccine.

Recommended Tests

Pap

- At age 21 start Pap test screening every 3 years.
 - At age 30, get a Pap test with HPV test every 5 years or continue with Pap tests every 3 years.
 - After age 65, talk to your provider about whether you need to continue to have cervical screenings.
 - If you had your cervix removed (through a hysterectomy), you no longer need a Pap test **UNLESS** the surgery was done as a treatment for cervical cancer or pre-cancer.
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Colon Health

Stop Colon Cancer

With regular colon health screening, you can stop colon cancer before it starts. Colon cancer begins as a growth that is not yet cancer. By the time you feel symptoms, colon cancer may have advanced. Colon screening can find and remove a growth, called a polyp, before it develops into cancer. Only screening can detect it early. People who eat mostly high fat food, are overweight, are smokers and don't exercise have an increased risk for colon cancer.

Ask about your family history

People with a family history of colon cancer are at higher risk for colon cancer. Find out if there is a history of colon cancer or colon polyps in your family. Family history information can help your health care provider decide if you need screening before age 50 and which screening test is right for you.



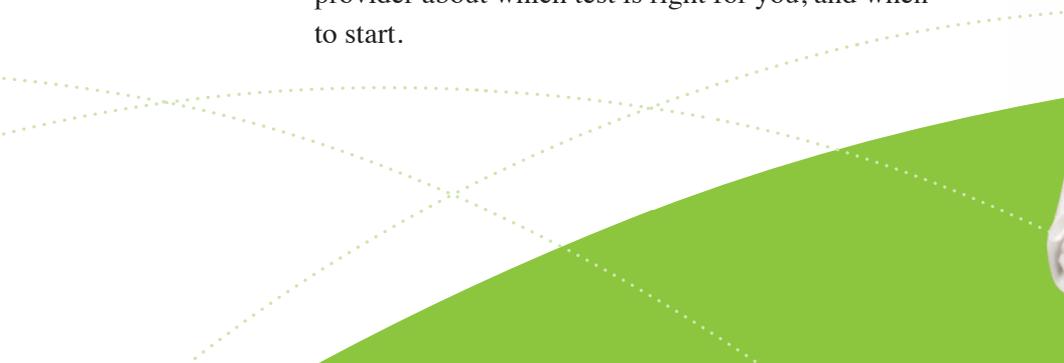
Symptoms of colon cancer include:

- Change in your bowel habits, including diarrhea or constipation or a change in the look of your stool (poop) for more than two weeks.
- Rectal bleeding or blood in your stool.
- Regular stomach discomfort, such as cramps, gas or pain.
- Stomach pain with a bowel movement.
- Feeling that your bowel does not empty completely.
- Weight loss for no reason.

Some symptoms may be a sign of other conditions. If you notice bright red blood on bathroom tissue, it may be from hemorrhoids. Some food can also turn your stool red. If you notice blood or change in your stools, check with your health care provider.

Recommended Tests

Start regular colon cancer screening at age 50. People who have a family history of colon cancer may need to start screening before age 50. Talk to your healthcare provider about which test is right for you, and when to start.



Test Options

Starting at age 50:

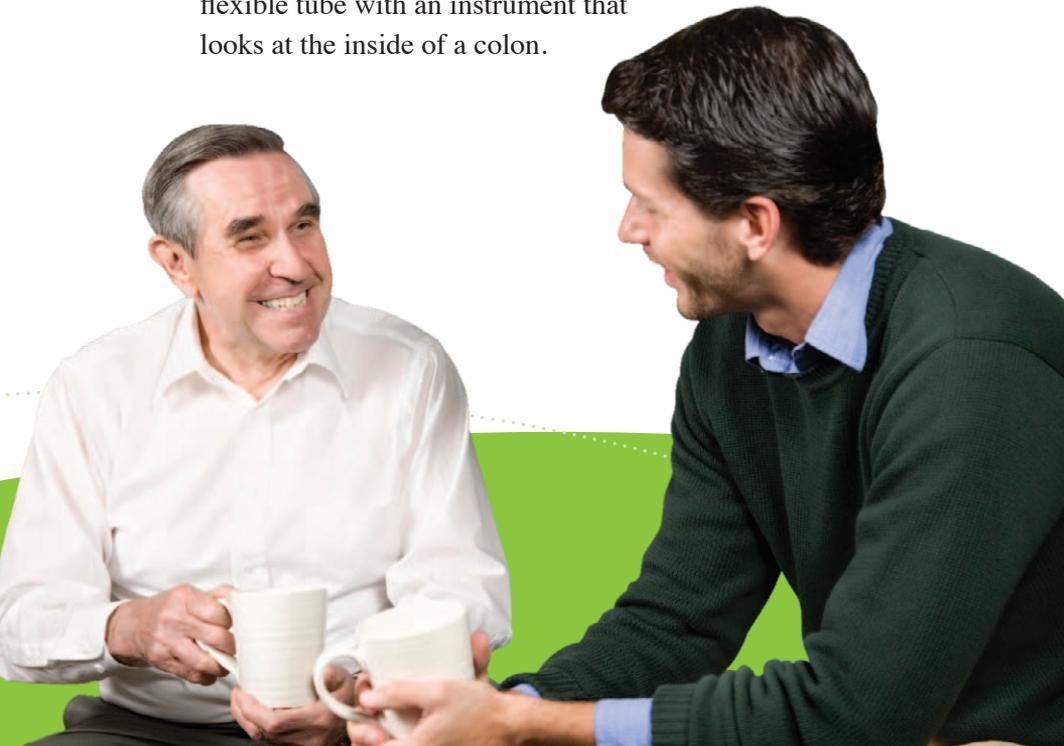
- Fecal Occult Blood Test (FOBT) or Fecal Immunochemical Test (FIT). Do this test **every year**. These tests look at small stool samples that you put on a special card and send to your provider or a lab.

Or

- Flexible Sigmoidoscopy. Do this test **every 5 years**. This test looks at the lower part of your large intestine (colon) using a scope.

Or

- Colonoscopy. Do this test **every 10 years**. This test looks at all of your large intestine (colon) using a long scope. A scope is a flexible tube with an instrument that looks at the inside of a colon.





Breast, Cervical & Colon Health Program

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www.kingcounty.gov/health/cancer

Public Health 
Seattle & King County



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