

## Cancer Screening Guidelines:

### **Breast Cancer: A cancer that develops in the breast cells and progresses in stages.**

- Screening guidelines: women ages 40-44 have the choice to start breast cancer screening. Women ages >45 should be screened yearly (via mammogram, MRI, clinical breast exam)
- Behavioral risk factors: Not being physically active, being overweight or obese after menopause, taking hormones (ex. Hormone therapy including both progesterone and estrogen), reproductive history (having the first pregnancy after age 30, not breastfeeding, and never having a full-term pregnancy), and drinking alcohol.
- Preventative behaviors: regular screening/examination, eating well balanced and nutritious diets, regularly exercising, avoiding use or excessive use of alcohol, consulting providers and being cautious with hormone therapies.

### **Colon Cancer: Cancer that begins in the last part of the digestive tract-colon (large intestine)**

- Screening guidelines: ages 45-75 should be screened yearly (stool test, flexible sigmoidoscopy, colonoscopy, CT colonography). It is recommended that ages >75 should speak with their provider about continuing screening.
- Behavioral risk factors: not being physically active, diets low in fruits and vegetables, low-fiber and high-fat diets, eating lots of processed meats, obesity and being overweight, alcohol consumption, tobacco use.
- Preventative behaviors: regular screening, diet low in animal fats and high in fruits, vegetables, and whole grains, taking low dose Aspirin, increase physical activity, avoiding use of tobacco, and avoiding use or excessive use of alcohol.

### **Cervical Cancer: Tumor that occurs in cervix, the lower part of the uterus**

- Screening guidelines: if ages 25-65 should get pap smear every 3 years and HPV test every 5 years. Ages >65 may speak to their provider about continuing testing.
- Behavioral risk factors: having multiple sexual partners (HPV passes from person to person during sex), using birth control for 5 or more years, giving birth to >3 children, and smoking.
- Preventative behaviors: regular screening, HPV vaccinations, avoid smoking, practice "safe" sex/ use condoms, limit number of sexual partners.

### **Lung Cancer: Cancer which begins in the cells of the lung**

- Screening guidelines: screening done yearly with LDCT scans for people ages 50-80 in good health, current smokers or smokers who have quit within the last 15 years, and people with 20 pack-year smoking history.
- Behavioral risk factors: smoking, second-hand smoke, radon (naturally occurring gas that comes from rocks and dirt and can get trapped in houses and buildings, it cannot be seen, tasted, or smelled), workplace substances such as asbestos/arsenic/diesel/exhaust/silica/chromium, and diets including beta-carotene supplements.
- Preventative behaviors: regular screening, eating a well-balanced and nutritious diet, avoid smoking, avoid secondhand smoke as much as possible, get homes tested for radon, follow health and safety guidelines when working in environments with carcinogens present.

### **Prostate Cancer: A cancer of the prostate gland, a part of the male reproductive system**

- Screening guidelines: Men should talk to provider about being tested (PSA blood test with or w/o a rectal exam) starting at age 50, if African American or have immediate family history of prostate cancer, speak to health care provider about starting screening at age 45.
- Behavioral risk factors: diet high in dairy and calcium, obesity, smoking, chemical exposures (ex. firefighters), and sexually transmitted infections.
- Preventative behaviors: regular screening, maintain healthy weight, avoid smoking, follow safety precautions when at work (anyone exposed to chemicals regularly), exercise regularly, eat a well-balanced and nutritious diet, take vitamin E, selenium, soy, and isoflavones supplements, taking low dose of Aspirin daily, practice "safe" sex/limit number of sexual partners.