

# Reducing your cancer risk

Every day, you can make choices that reduce your risk of getting cancer as well as other health problems like heart disease, stroke and diabetes. Here are some brief recommendations:

## Stay away from tobacco

There is no safe form of tobacco. If you need help quitting, call the Oregon Tobacco Quit Line at 1-800-QUIT-NOW (1-800-784-8669).

Freshstart Tobacco Cessation classes are available at St. Charles in Bend, Redmond and Prineville. Register at: [www.stcharleshealthcare.org](http://www.stcharleshealthcare.org), click on 'classes and events.' Call 541-706-6390 for more information.

## Maintain a healthy weight

Being overweight can increase your risk of many chronic health conditions, including cancer. Make good choices for healthy eating and exercise to control your weight and lower your cancer risk.



## Eat healthy foods

Eat a variety of fruits and vegetables each day as part of a low fat diet. Limit the amount of red and processed meats you eat - these meats add extra fat and cholesterol to your diet and contain substances that can increase your chances of developing cancer. Look for healthier sources of protein such as lean meats, skinless poultry breasts, fish or legumes (peas and beans).

## Get moving

Studies show the importance of engaging in at least 30 minutes of moderate to vigorous physical activity, above your usual activities on five or more days of the week.

## Limit how much alcohol you drink

Men should have no more than 2 drinks per day, and women should have no more than 1 drink per day. Alcohol increases your risk of developing several types of cancer.

## Take care of your skin

Skin cancer is the most commonly diagnosed form of cancer and is prevalent in the high desert.

Protect your skin by avoiding the midday sun, looking for shade and staying away from tanning beds.

When you head out to play, don't forget to slip, slop, slap and wrap.

**SLIP** on a shirt

**SLOP** on sunscreen with an SPF of 30 or higher (and reapply often)

**SLAP** on a hat

**WRAP** on sunglasses



# Cancer Screening Guidelines

## Early detection of cancer increases the chances for successful treatment.

These guidelines are recommended for most adults by the National Comprehensive Cancer Network.

If you have a strong family history of a specific cancer, a genetic tendency, or other factors that increase your risk of cancer, talk to your doctor about what age to begin screening and which tests are recommended for you.



# Cancer Screening Guidelines

AGE	WOMEN	MEN	BOTH
<b>20-39</b>	<p><b>Breast Exam</b> <i>(performed by a doctor or nurse) Every 1-3 years.</i> As part of the exam, talk to your health care professional about your risk for breast cancer. Report any breast changes to your doctor or nurse without delay.</p> <p><b>Cervical Cancer Testing</b> All women should begin cervical cancer screening at age 21, or three years after beginning intercourse, even if you have had the HPV vaccine. Also, have a pap test every 3 years.</p>		<p><b>Colon Cancer Testing</b> Talk to your physician to see if you are at higher than average risk for colon cancer. If not, then no test is needed at this time.</p> <p><b>Skin Cancer Awareness</b> Watch for skin changes, especially changes to moles. Report any changes as soon as possible to your health care provider. For more information on skin cancer awareness visit <a href="http://www.spotskincancer.org">www.spotskincancer.org</a>.</p>
<b>40-49</b>	<p><b>Breast Exam</b> <i>(performed by a doctor or nurse) Every year</i></p> <p><b>Mammogram</b> - <i>Every year</i> If you are at higher risk for breast cancer than most women, ask a health care professional about additional tests. Report any breast changes to your doctor or nurse without delay.</p> <p><b>Cervical Cancer Testing</b> - <i>Every 5 years</i> with pap and HPV test. Discontinue screening if you've had a hysterectomy for benign disease and no prior history of precancerous cells.</p>	<p><b>Prostate Cancer Testing</b> Begin discussion with your doctor about the benefits and limitations of PSA (Prostate Specific Antigen) testing and consider baseline PSA and DRE (digital rectal exam) screening.</p>	<p><b>Colon Cancer Testing</b> African Americans are recommended to begin screening at age 45. See recommendations below.</p> <p><b>Skin Cancer Awareness</b> See recommendations above.</p>
<b>50-64</b>	<p><b>Breast Exam</b> <i>(performed by a doctor or nurse) Every year</i></p> <p><b>Mammogram</b> - <i>Every year</i> Report any breast changes to your doctor or nurse without delay.</p> <p><b>Cervical Cancer Testing</b> See recommendations above.</p>	<p><b>Prostate Cancer Testing</b> Men should talk with their doctor about the benefits and limitations of yearly testing beginning at age 50 so they can decide if testing is right for them.</p>	<p><b>Colon Cancer Testing</b> Start testing at age 50 (45 for African Americans). Talk with a health care professional about which test is best for you and how frequently tests should be done. Recommended tests include:</p> <ul style="list-style-type: none"> <li>• Colonoscopy (preferred) every 10 years, <b>OR</b></li> <li>• Yearly fecal based screening test (FIT or FOBT)</li> </ul>
<b>65 and above</b>	<p><b>Breast Exam</b> <i>(performed by a doctor or nurse) Every year</i></p> <p><b>Mammogram</b> See recommendations above.</p> <p><b>Cervical Cancer Testing</b> - At age 65 - 70, you may stop testing if you have had three normal Pap tests in a row and no abnormal Pap tests in the past 10 years.</p>	<p><b>Prostate Cancer Testing</b> See recommendations above.</p>	<p><b>Lung Cancer</b> If you are at high risk, talk to your physician about a low dose chest CT scan. You are considered high risk if you are age 55 – 74, have a history of smoking 30 or more <b>packs years</b> and it has been less than 15 years since you stopped smoking.</p> <p><b>To determine your packs years, multiply the number of packs smoked per day by the number of years you have smoked.</b></p> <p><b>Skin Cancer Awareness</b> See recommendations above.</p>