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# Cancer Screenings

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# Find it. Treat it. Beat it.

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## Cancer is a word that scares us all.

The good news is that routine screening tests mean we can find it and treat it earlier. Screenings and improved treatments have contributed to a drastic fall in cancer deaths since 1991. Today, there are about 30% fewer cancer deaths than there were then.

Thanks for joining today's webinar about screening tests for some common cancers. We'll answer basic questions: What are the tests like? At what age should you be screened? What are your risk factors?

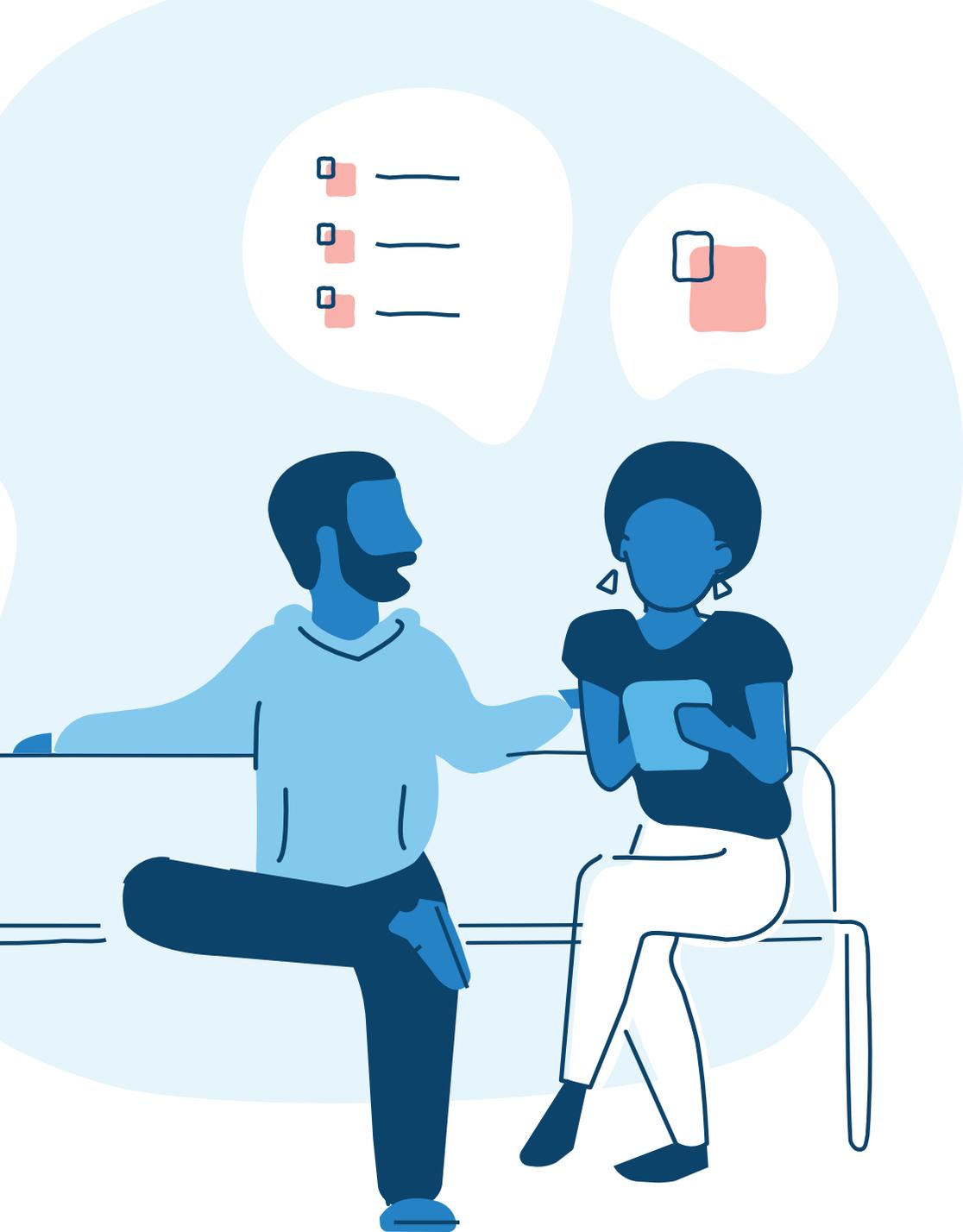
And we'll end with an open community forum for Q&A with nurses and other health care providers. Our sessions always include specific online and offline resources to empower your healthy decision-making.

# Section 1

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# What are cancer screenings?

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# What are cancer screenings?

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- Do you have cancer symptoms?
- Do you need a cancer screening?

Cancer screenings are tests that look for cancer in people who don't have any symptoms:

- Some screening tests can find growths and remove them before they have a chance to turn into cancer.
- Other screening tests can find cancer early, when it's easier to treat.
- Evidence shows that screening is effective.

# Why is cancer screening important?

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- Cancer is the leading cause of death for people under age 85.
- Cancer is the leading cause of early death.
- Many deaths from cancer can be avoided through early detection.
- Still, many people are not getting screened.
- Each year there are:
  - ✓ 1,805,590 new cases
  - ✓ 606,520 deaths
  - ✓ 11 to 18 million survivors



# Section 2

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# Screening Guidelines

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# Breast Cancer

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The screening test for breast cancer is called a mammogram. Both women and men can have breast cancer. Talk to your doctor about your risk for breast cancer.

## Screening Guidelines

(if you have average risk for breast cancer)

- **Ages 40 to 45:** Begin yearly mammograms.
- **Age 55:** Have mammograms every year *or* every other year.
- Have regular mammograms as long you are in good health.



Screening tests are important because many people with breast cancer show no symptoms. Tell your doctor about any breast changes you notice.

# Cervical Cancer

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The screening test for cervical cancer is called a Pap test or a Pap smear. Most cases of cervical cancer are caused by a virus called HPV (see next slide).

## Screening Guidelines

- **Ages 21 to 29:** Have a Pap test every 3 years.
- **Ages 30 to 65:** Have a Pap test every 3 years, or have a Pap test and an HPV test every 5 years.
- **Over age 65:** Can stop having Pap tests if the last 10 years of Pap tests showed normal results.
- Women who have high risk for cervical cancer may need to be screened more often.



In 2021:

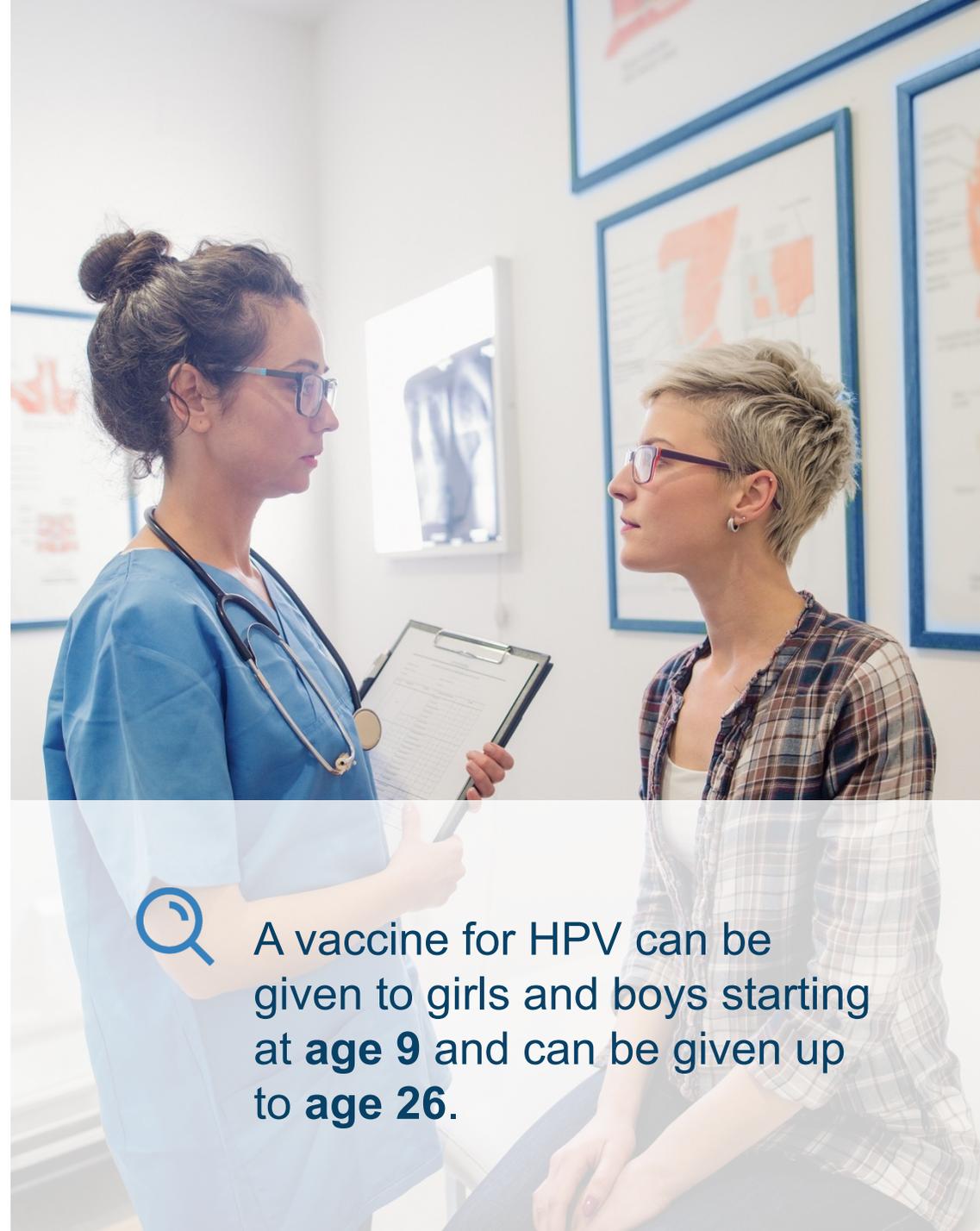
- About 14,500 new cases will be diagnosed.
- More than 4,000 women will die from cervical cancer.

# Cervical Cancer & HPV

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You are at high risk for catching the virus called HPV if you:

- Started having sex **before age 16** or within a year of starting your period.
- Have multiple sexual partners.
- Take birth control pills, especially for more than 5 years.
- Smoke cigarettes.
- Have a weakened immune system.
- Have a sexually transmitted disease (STD).



A vaccine for HPV can be given to girls and boys starting at **age 9** and can be given up to **age 26**.

# Lung Cancer

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The screening test for lung cancer is a CT scan.

You have high risk for lung cancer if you are:

- Age **55 to 80** and currently smoke, with a history of 30 pack-years or greater. This means smoking an average of one pack a day for 30 years, two packs a day for 15 years, or the equivalent.
- A former smoker who has quit within the past 15 years, with a history of 30 pack-years or greater.

If you have high risk for lung cancer, discuss screening with your doctor.

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A CT scan is a special kind of X-ray that takes pictures while you rest on a table that moves in and out of the machine.

# Colorectal Cancer

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Several different tests can be used to screen for colorectal cancer (cancer of the colon or rectum). Discuss your options with your doctor.

## Screening Guidelines

- **Age 50:** Begin regular colon screening.
- If you have a **family history** or other risk factor, talk with your doctor about beginning earlier.



In 2021:

- About 104,000 new cases of colon cancer will be diagnosed.
- About 45,000 new cases of rectal cancer will be diagnosed.



# Prostate Cancer

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The screening tests for prostate cancer include a blood test and a physical exam. Discuss the risks and benefits of testing with your doctor.

## Screening Guidelines

- **Age 50:** If you have average risk of prostate cancer and expect to live at least 10 more years.
- **Age 45:** If you have higher risk because you are African-American or have a father or brother with prostate cancer.
- **Age 40:** If you are at even higher risk.



In 2021:

- About 248,500 new cases of prostate cancer will be diagnosed.
- More than 34,000 men will die from prostate cancer.

# Section 3

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# Stay Healthy

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# What you can do

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Help lower your chances of getting cancer by changing the risk factors you can control:

- **Watch your weight:** Get to and stay at a healthy weight.
- **Limit alcohol:** Have no more than two drinks a day (men) or one drink a day (women).
- **Exercise:** Have at least 150 minutes of moderate exercise or 75 minutes of vigorous exercise each week.
- **Keep moving:** Limit the amount of time you are still, such as sitting, lying down, or watching TV.
- **Avoid tobacco:** Use no form of tobacco, including smokeless tobacco.
- **Eat right.** (See next slide.)



# What you can do

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## Eat Right

- Choose portions carefully.
- Limit processed meat and red meat.
- Eat at least 2½ cups of vegetables and fruits each day.

# What you can do

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## Get screened!

Talk with your provider about the cancer screening options that are right for you.

Review your medical history and your family history to find out if you need to start testing earlier based on your personal and family history.



# Information from today's session provided by

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**cancer.org | 800.227.2345**

