



EARLY DETECTION

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CANCER SCREENING



FOODS TO LOWER RISK

- Beans
lentils and peas
- Berries
all berries
- Cruciferous vegetables
broccoli, cauliflower, brussels sprouts
- Dark green leafy vegetables
spinach, kale, romaine lettuce, mustard greens
- Flaxseed
- Garlic
- Grapes and grape juice
- Green tea
- Soy
- Tomatoes
- Whole grains

Risk Factors

- Growing old
- Tobacco
- Sunlight
- Ionizing radiation
- Certain chemicals and substances
- Alcohol
- Family history
- Poor diet, lack of activity, or being overweight

Cancer is the second leading cause of death in the United States. So, early detection and prevention play a major role in your defense against it.

Even with enormous progress in cancer research, experts still do not understand exactly what causes most cancers. However, they do know that certain factors place us at a higher risk for different cancers.

The American Cancer Society recommends that both men and women get cancer related check ups as a part of their health visits starting at age 20.

For men and women, this should include looking for cancers of the skin, thyroid, mouth, and lymph nodes. Men should have their testes

checked and women their ovaries.

Special tests for certain cancers are also recommended. For men and women, colonoscopy starting at age 50 for the early detection of polyps or lesions in the colon. Lung cancer has no screening test. But if you smoke, are exposed to radon, uranium or vinyl chloride, you are at a higher risk for this cancer.

Men should consider talking with their doctor about yearly PSA blood test and digital rectal exam starting at age 50 for prostate cancer. If you are African American or at high risk (father, brother, or son with prostate cancer) you may choose to be tested at age 40.

It is recommended that women have a mammogram screening starting at 30 years of age or at 20 years old if you are a high risk patient for breast cancer. Cervical cancer screening (Pap test) should start by age 21 and be done every 1 to 3 years depending upon your risk factors.

Cancer found in the first or second stage has a 5 year survival rate as high as 80-90%.

There are few experiences more dispiriting than the diagnosis of cancer. One of the surest ways to lessen the toll of cancer is to adopt a healthy lifestyle that minimizes cancer risks and participate in cancer screening procedures.



HEALTHY LIFESTYLE



Choosing what you eat and drink can make a big difference in your risk of getting many cancers. Eating a diet rich in plant based foods is an important part of cancer prevention. The vitamins, minerals, phytochemicals and fiber in plant based foods are linked to a lower cancer risk.

The American Institute for Cancer Research (AICR) recommends these guidelines:

- Choose mostly plant foods, limit red meat and avoid processed meat
- Be physically active every day in any way for 30 minutes or more

- Aim to be a healthy weight throughout life
- Do not smoke or chew tobacco

Eating foods that are low energy dense and low in calories will protect you also against weight gain; which has been suspected in the development of cancer.