



Early Detection Quick Guide

Screening Tests			
Test	Take	Test	Take
Colorectal Exam	50 & over: follow the schedule recommended by your doctor. 1. Annual fecal occult blood test 2. Flexible sigmoidoscopy every 5 years 3. Yearly fecal occult blood test plus flexible sigmoidoscopy every 5 years 4. Double contrast barium enema every 5 years 5. Colonoscopy every 10 years	Mammogram	1. Receive annual mammogram starting at age 40 2. Clinical breast exam annually. 3. Practice breast self examination monthly.
		Pap Smear	Performed annually with a pelvic exam in women who are or have been sexually active or have reached age 18.
		Testicular Exam	Monthly self-exam to check for lumps that could indicate testicular cancer. Professional exam done by physician during physical exam.
Prostate Specific Antigen Blood Test (PSA)	50 & over: Detect prostate cancer; a digital rectal exam is also recommended.	The best protection is early detection!	

Warning Signs of Cancer	Cancer Terms	Healthful Hints
<ul style="list-style-type: none"> • Changes in bladder or bowel habits • Unusual discharge or bleeding • Indigestion or difficulty swallowing • Obvious change in a mole or wart • A lump or thickening in the breast or elsewhere • A sore that does not heal • Nagging cough or hoarseness 	<ul style="list-style-type: none"> • Benign - Not cancerous; does not invade nearby tissue or spread to other parts of the body. • Cancer - A term for diseases in which abnormal cells divide without control. Cancer cells can invade nearby tissues and spread through the bloodstream and lymphatic system to other parts of the body. • Malignant - Cancerous; a growth with a tendency to invade and destroy nearby tissue and spread to other parts of the body. • Metastasis - The spread of cancer from one part of the body to another. 	<ul style="list-style-type: none"> • Eat a diet made up of mostly plant based foods and limit high fat foods • Quit smoking • Increase physical activity • Limit or eliminate alcohol consumption • Avoid prolonged exposure to sunlight • Get age appropriate screenings • Perform self-examinations • Know your family history