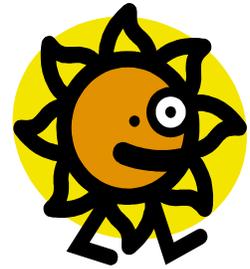


# ABCs of Health



## Cancer

### **AWARENESS...**

Cancer can strike people of any age, sex, or race.

- The most common cancer that only men can get is prostate cancer.
- The most common cancer that women can get is breast cancer.
- The most common cancers in both men and women are lung cancer and cancer of the colon and rectum.

Cancer starts very small. In its early stages, most cancers do not cause symptoms. Anyone can get cancer, but some people are more likely to develop cancer than others. You may be at increased risk for cancer if:

- You smoke cigarettes, cigars, pipes or use smokeless tobacco.
- You are over 50 years old.
- A member of your family had cancer or you have certain medical conditions, particularly diseases of the intestines or certain sexually transmitted diseases.
- You have spent long periods of time in the sun.
- You eat high fat foods, or your nutrition is poor.
- You are overweight or do not get regular physical activity.



### **BEHAVIOR...**

**Help prevent cancer with a healthy lifestyle.**

- Eat fewer high fat foods and five to nine servings of fruits and vegetables daily.
- Eat more cereals and whole grains.
- Avoid the mid-day sun or cover up with long sleeves and a hat.
- Lose weight if you are overweight.
- Get at least thirty minutes of physical activity most days of the week.
- Do not use tobacco, and if you drink alcohol, drink only in moderation.

## Find Cancer early with Regular Checkups!



If cancer is found early, it is easier to treat. You and your health care provider will decide how often you should be tested.

### Tests for Breast Cancer\*:

- A mammogram every one to two years for women age 50 to 69. Your doctor may suggest a mammogram every one to two years starting before age 50 or after 69, depending on your needs.

### Tests for men and women ages 50 and older:

- The fecal occult blood test (FOBT): A simple test for blood in the stool every year. This test will find blood you cannot see. The flexible sigmoidoscopy: an examination of part of the inside of the colon. Colonoscopy: a test that examines all of the colon. Discuss of how often you should have the test with your health care provider\*.

### Tests for Prostate Cancer for men 50 and older:

- The digital rectal exam (DRE) every year: A doctor feels the surface of the prostate for lumps. The prostate-specific antigen test (PSA): a blood test for prostate cancer. Discuss the risks and possible benefits of this test with your health care provider.

## CHANGE...



### Know the Warning signs of cancer:

- C** Change in bowel or bladder habits.
- A** A sore that does not heal.
- U** Unusual bleeding or discharge.
- T** Thickening or lump in your breast or elsewhere.
- I** Indigestion or trouble swallowing.
- O** Obvious change in a wart or mole.
- N** Nagging cough or hoarseness.



\*US Preventive Services Task Force Recommendation

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Publication Number E10-15D