

Be Well, Stay Well

Cancer awareness and prevention



What is cancer?

Cancer is the general name for a group of more than 100 diseases. There are many different kinds of cancer, but all cancer starts because abnormal cells grow out of control. Cancer can cause serious illness and death, but it can be treated and even cured. Treatment for cancer works best when cancer is found early and is less likely to spread – or *metastasize* – to other parts of the body.

Stay healthy, prevent cancer

More than 30% of cancer can be prevented, mainly by living a healthy lifestyle. Take these steps to reduce your risk and improve your overall health:

- Stay away from tobacco
- Eat a healthy diet and maintain a healthy weight
- Get regular physical activity
- Limit the amount of alcohol you drink
- Protect your skin by covering up with hats or clothing and wearing sunscreen

Disease Management nurse coaching can help you get on track to a healthy lifestyle that can help prevent cancer. A registered nurse can help you manage your condition and provide health guidance and advice.

You can participate in Disease Management if you have asthma, chronic kidney disease, chronic obstructive pulmonary disease, chronic pain, congestive heart failure, coronary artery disease, diabetes, high blood pressure or high cholesterol.

Call **1-866-244-8977** to learn more about the program or to enroll.

Early detection

Regular check ups and screening tests can also help detect cancer in its early stages.

Breast cancer: The American Cancer Society recommends yearly mammograms for women starting at age 40 to detect breast cancer.

Cervical cancer: Women between ages 21 and 29 should have a Pap test every three years. Women between 30 and 65 should have a Pap test every 5 years.

Prostate cancer: Starting at age 50, men should talk to their doctor about the pros and cons of testing to see if it is the right choice.

Colorectal cancer and polyps: Men and women should be tested beginning at age 50. Discuss testing options, such as a colonoscopy every 10 years, with your doctor.

Based on your health and family history, your doctor may recommend different testing schedules and options.

Did you know?

- Half of all men and one-third of all women in the U.S. will develop cancer during their lifetimes.
- The incidence of many kinds of cancer occurs differently in men and women. Worldwide, lung and stomach cancer are two of the most common cancers for both genders.

Sources: American Cancer Society, World Health Organization