



Cancer Prevention

01

Cancer Prevention: Men

The most common kinds of cancers for men are prostate, colon, lung and skin cancers.

Prostate Cancer

Risk of prostate cancer increases with age, and it is most common for men aged 65 and older. For reasons unknown, African American men have an even greater risk of this cancer than other races.

Colon Cancer

Colon cancer almost always begins with a polyp, or a growth on the lining of your rectum. If you have a polyp, have it tested and removed before it becomes cancerous.

Lung Cancer

Eight in ten lung cancer deaths are a result of smoking, which means two things:

- You can greatly reduce your risk by not smoking
- You should still follow the screening guidelines, even if you're a non-smoker.

Skin Cancer

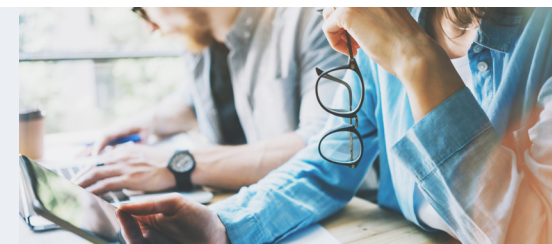
Everyone is susceptible to getting skin cancer, but those with blond and red hair have a greater risk. Take precaution by using sunscreen, avoiding the sun or staying in the shade during the middle of the day, and be aware of moles or spots on your skin. If you see a new or changed mole, consult your doctor.



Monthly Activity

Research Cancer Risks

Visit your doctor or www.cancer.org and do research on cancer risks specific to your age, gender, family history and lifestyle.





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Cancer Prevention

02

Cancer Prevention: Women

Cancers that most often affect women are breast, colon, endometrial, lung, cervical, skin and ovarian cancers.

Breast Cancer

Breast cancer is the most common (not skin-related) cancer among women. It can occur at any time, but risk increases with age.

Endometrial Cancer

Endometrial cancer is cancer of the lining of your uterus and is most common in women ages 55 and older, particularly at the time of menopause. A Pap test does not test for endometrial cancer—discuss if testing may be necessary with your doctor.

Cervical Cancer

To help prevent or detect cervical cancer, follow screening guidelines.

Ovarian Cancer

Ovarian cancer can affect anyone. Risk increases with age, and for those who have never had children, have unexplained infertility, or have their first child after the age of 30.

Don't smoke, follow cancer screening guidelines, know your family history, eat fruits and vegetables, use sunscreen, stay active and maintain a healthy weight.

Colon, Skin and Lung Cancer

For colon, skin and lung cancer, women should follow the same precautions as men: Don't smoke, follow cancer screening guidelines, know your family history, eat fruits and vegetables, use sunscreen, stay active and maintain a healthy weight.





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Importance of Early Detection

03

Screening Guidelines and the Importance of Early Detection

Why is it so important to discover cancer as early as you can?

> 90%

More than 90% of women diagnosed with breast cancer at the earliest stage survive for at least five years, compared to 15% of women diagnosed at the most advanced stage.

> 90%

More than 90% of bowel cancer patients diagnosed at the earliest stage survive longer than those diagnosed at later stages.

> 80%

More than 80% of lung cancer patients diagnosed at the earliest stage will survive longer compared to those diagnosed at the most advanced stage.

The stats go on and on. Follow cancer screening guidelines to detect illness early.

Note: These are the recommended guidelines from the American Cancer Society. Consult your doctor for treatment specific to you.

AGES	MEN	WOMEN
21-39	<p>Colon Cancer: If you have an increased risk of colon cancer due to family history or another factor, discuss a screening with your health care provider.</p>	<p>Breast Cancer: If you are at a higher risk for breast cancer or feel any changes, see a doctor immediately.</p> <p>Cervical Cancer: From ages 21-29, women should have a Pap test done every three years. Starting at age 30, women at average risk should now have a Pap test and HPV test every five years.</p> <p>Colon Cancer: Discuss a screening with your doctor if you are at increased risk.</p>
40-49	<p>Colon Cancer: All men ages 45 and above should be tested annually.</p> <p>Prostate Cancer: If you are 45 or older and have an increased risk, discuss the dangers and benefits of a test with your doctor.</p>	<p>Breast Cancer: Begin annual mammograms at age 45.</p> <p>Cervical Cancer: Continue to have a Pap test and HPV test every five years.</p> <p>Colon Cancer: All women ages 45 and above should be tested annually.</p>
50-64	<p>Colon Cancer: Continue to be tested annually.</p> <p>Prostate Cancer: At age 50, all men of average risk should discuss the dangers and benefits of a test with their doctor.</p> <p>Lung Cancer: If you are 55 or older, discuss a test with your doctor.</p>	<p>Breast Cancer: At age 54, women can choose to have a mammogram every one or two years.</p> <p>Cervical Cancer: Continue to have a Pap test and HPV test every five years.</p> <p>Colon Cancer: Continue to be tested annually.</p> <p>Lung Cancer: If you are 55 or older, discuss a test with your doctor.</p>
65 and Older	<p>Colon Cancer: Testing is recommended through ages 75; from ages 76-85, consult with your doctor, and stop testing at age 85.</p> <p>Prostate and Lung Cancer: Discuss the pros and cons of tests with your doctor.</p>	<p>Breast Cancer: at age 54, women can choose to have a mammogram every one or two years.</p> <p>Cervical Cancer: No testing is needed if you've had normal results the past 10 years.</p> <p>Colon Cancer: Testing is recommended through age 75; from ages 76-85, consult with your doctor, and stop testing at age 85.</p> <p>Lung Cancer: Discuss the pros and cons of a test with your doctor.</p>



Recipe

04

Pink Tofu Shake

It's good. Trust us on this one.

INGREDIENTS

- 16-ounce package of soft tofu
- 2 cups orange juice
- ¼ cup milk
- 1 ½ cups fresh or frozen strawberries
- 1 banana

INSTRUCTIONS

1. Place all ingredients in blender.
2. Cover and blend until smooth.

Total Time (Cook and Prep):

5 minutes

Servings: 6



NUTRITION INFO

(per serving)

115 calories

3 g fat

1 mg cholesterol

12 mg sodium

18 g carbohydrates

1 g fiber

6 g protein





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Activity

Research Personal Cancer Risks

Your cancer risk (and the types of cancer you're at risk for) varies based on your age, gender, family history and lifestyle. To complete this activity, visit www.cancer.org and spend at least 30–45 minutes watching videos or reading articles to research cancer risks you face. Then, consider any lifestyle changes or other precautions you should take.

Cancer Risks Based on Age/Gender

Cancer Risks Based on Family History

Has anyone in your immediate family suffered from cancer or does a certain type of cancer run in your family? Is there anything you should do to take extra precaution as a result?

Cancer Risks Based on Personal Lifestyle

Changes I Can Make / Precautions I Can Take to Reduce My Personal Risk

Don't Forget About Doctor Visits

Early detection is vitally important in the fight against cancer. Schedule the appointments recommended for your age, gender and personal/family history!



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Employer Activity Tracking

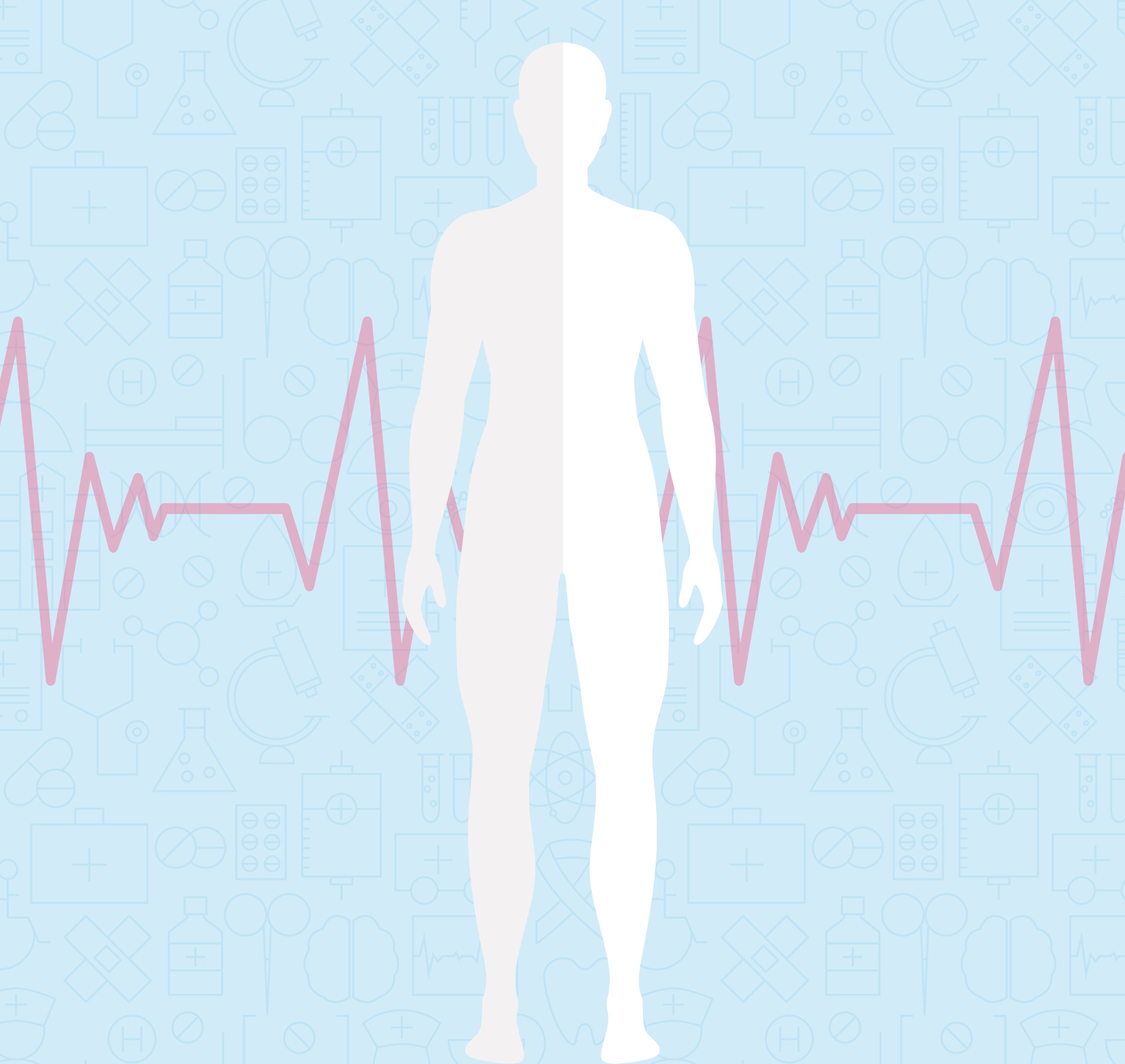
I, _____, researched my cancer health risks to successfully complete the Research
Print Name Here

Cancer Risks 2019 Wellbeing Activity:

- ☐ I researched risks based on my age and gender.
- ☐ I researched risks based on my family history.
- ☐ I researched risks based on my personal lifestyle.
- ☐ I considered changes I can make / precautions I can take to reduce my risk.

Signed,

Date



Knowledge Is Power: Detect Cancer Early

How can you greatly reduce your risk of all cancers?

Don't smoke, follow cancer screening guidelines, know your family history, eat fruits and vegetables, use sunscreen, stay active and maintain a healthy weight.

YOUR WELLBEING ACTIVITY

RESEARCH CANCER RISKS

Visit your doctor or www.cancer.org and do research on cancer risks specific to your age, gender, family history and lifestyle.