

## Did You Know?

African Americans have the highest rates of death (as compared to other Americans) from:

- Lung cancer
- Breast cancer
- Colon cancer
- Prostate cancer

Things you do – such as smoking, drinking, being overweight, eating more fat, and getting little or no exercise – are prime factors that lead to these high cancer death rates.

Behavior	Cancers
Smoking	Lung, colon
Obesity	Colon, prostate, breast
Eating high-fat foods	Colon, prostate
Lack of exercise	Colon, prostate, breast
Drinking alcohol	Colon, breast

Many African Americans do not know:

- Some cancers can be prevented.
- Finding cancer early can lead to effective treatment.
- Cancer checkups and tests to find cancer early can save lives.

The most important fact is that you have the power to turn these trends around. Many cancers and deaths from cancer can be prevented by what you know and what you do.

## How Can I Help Prevent Cancer?

- **Get moving.**  
Physical activity for 30 minutes or more each day can lower your risk for many cancers.
- **Eat less fat.**  
Limit fried foods, whole milk, and red meats. Eat five or more servings of fruits and vegetables each day.
- **Don't smoke.**  
If you already smoke, talk with your doctor about some of the new treatments to help you quit.
- **See your doctor regularly.**  
Talk to your doctor about tests for finding cancers early and about your risk for developing the disease.

For more information on how to protect your health and to find out how you can help in the fight against cancer, contact the American Cancer Society at 1-800-ACS-2345 or [www.cancer.org](http://www.cancer.org).

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## Taking Charge of Your Health



## You Have the Power!

There are steps you can take to guard against cancer.

Tests from your doctor can find it early. And many cancers that are found early can be treated successfully.

Many cancers can be prevented by good habits (eating healthy foods, staying active, limiting alcohol, and not smoking).



Cancer	What You Should Do to Find Cancer Early
<b>Breast</b>	<p><b>Women 40 and older should have:</b></p> <ul style="list-style-type: none"> <li>• Mammogram every year for as long as they are in good health</li> <li>• Breast exam by doctor or nurse every year</li> </ul> <p><b>Women starting in their 20s should have:</b></p> <ul style="list-style-type: none"> <li>• Breast exam by doctor or nurse every three years</li> <li>• Knowledge of how their breasts normally feel so they can report any changes to a doctor right away. Breast self-exam is an option.</li> </ul> <p>If you have a history of breast cancer in your family, talk with your doctor about the test and schedule that are right for you.</p>
<b>Colon</b>	<p><b>Men and women 50 and older should have one of the following tests:</b></p> <ul style="list-style-type: none"> <li>• Fecal occult blood test (stool test for blood) every year</li> <li>• Flexible sigmoidoscopy every five years</li> <li>• Fecal occult blood test every year <b>and</b> flexible sigmoidoscopy every five years*</li> <li>• Colonoscopy every 10 years</li> <li>• Double-contrast barium enema every five years</li> </ul> <p>Your doctor can explain these tests. If you have a history of colon cancer or colon polyps in your family, discuss whether you should get tested at a younger age.</p> <p><i>*Preferred over either option alone by the American Cancer Society</i></p>
<b>Prostate</b>	<p><b>African American men 45 and older should have:</b></p> <ul style="list-style-type: none"> <li>• Prostate-specific antigen (PSA) blood test every year <b>and</b></li> <li>• Digital rectal exam (DRE) every year</li> </ul> <p>Men should be told about the benefits and limitations of testing and treatment so they can make the best decision for themselves.</p>
<b>Cervix</b>	<ul style="list-style-type: none"> <li>• Starting three years after first having sex, and no later than age 21, women should have a regular Pap test every year or the newer liquid-based Pap test every two years.</li> <li>• Beginning at age 30, women with three normal Pap tests in a row may get tested every two to three years with either test. Doctors may suggest getting the test more often if a woman has certain conditions such as HIV infection or a weakened immune system.</li> <li>• Women 70 years of age or older with three or more normal Pap tests in a row and no abnormal Pap test results in the last 10 years may choose to stop having cervical cancer testing.</li> <li>• Testing after a total hysterectomy (removal of the uterus and cervix) is not necessary unless the surgery was done as a treatment for cervical cancer or precancer.</li> </ul>

*Discuss these and other cancer tests with your doctor at your next checkup. Insurance, Medicare, and Medicaid pay for many of these tests.*