

# Cancer Awareness



Plan Your Wellness  
It doesn't just happen...

Your best defense against Cancer is awareness and prevention.

HealthComp's Cancer Awareness program is designed to develop a culture of health, create awareness, and ultimately reduce your risk of Cancer through early detection and intervention.

## **What you can expect from the program:**

If you, or a covered dependent fall into one of the screening categories below, you will be receiving some helpful information in the mail and a phone call from our Wellness staff to answer any questions that you may have about the screening.

Let's not stop there! Pass it on, encourage someone else to get their screening done. Together we can do great things for our health and wellbeing.

## Colon Cancer

Colorectal cancer almost always develops from precancerous polyps (abnormal growths) in the colon or rectum. Screening tests can find precancerous polyps, so that they can be removed before they turn into cancer. Screening tests can also find colorectal cancer early, when treatment works best.

You should begin screening for colorectal cancer soon after turning 50, then continue getting screened at regular intervals. However, you may need to be tested earlier than 50 or more often than other people if:

- You or a close relative have had colorectal polyps or colorectal cancer
- You have inflammatory bowel disease
- You have genetic syndromes such as familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer

Speak with your doctor about when you should begin screening and how often you should be tested.

## Cervical Cancer

Can cancer of the cervix be prevented?

Most cervical cancer can be prevented. There are 2 ways to prevent this disease. The first way is to find and treat pre-cancers before they become cancer, and the second is to prevent the pre-cancers. Finding and treating pre-cancers before they become cancer A well-proven way to prevent cancer of the cervix is to have testing (screening) to find pre-cancers before they can turn into cancer.

You should start getting regular Pap tests at age 21, or within three years of the first time you have sex—whichever happens first. The Pap test, which screens for cervical cancer, is one of the most reliable and effective cancer screening tests available.



## Breast Cancer

The best way to find breast cancer early is with regular screenings:

- Women age 35, Baseline Mammograms
- Bi-annually 40– 49
- Women age 50 years or older, be sure to have a screening mammogram every year

You can help lower your risk of breast cancer in the following ways:

- Get screened for breast cancer regularly
- Control your weight and exercise
- Know your family history of breast cancer

## Prostate Cancer

Prostate cancer screening means looking for cancer before it causes symptoms. This helps to find cancer at an early stage when it may be easier to treat.

Informed decision making occurs when a man:

- Understands the nature and risks of prostate cancer
- Understands the risks, benefits, and alternatives to prostate cancer screening
- Participates in decision making at a level he desires
- Makes a decision consistent with his preferences and values, or defers the decision to a later time

Discuss with your doctor to make screening decisions that are best for you.