







# CANCER 101: SCREENINGS

*Cancer is the top killer in the community. The first line of defense for cancer is increased knowledge and awareness, especially of the most prevalent cancers affecting us. Cancer 101 is a series in our newsletter that highlights different cancers. This educational series will complement the outreach and education that we do in the community. It is not intended to provide specific medical advice. If you have any questions about the information you read, please consult your healthcare provider.*

Screening means checking for cancer in the body before experiencing any symptoms. Getting screened regularly increases the chances of finding certain cancers in their early stages when treatment is likely to work best. Therefore, VACF strives to provide cancer education, prevention and early detection services of certain cancers.

	Recommended Screening	Frequency	Population	Prevention
<b>BREAST</b> 	Mammogram	Annually	Women ages 40+	<ul style="list-style-type: none"> <li>• Stop smoking</li> <li>• Limit alcohol</li> <li>• Increase intake of fruits and vegetables</li> <li>• Exercise regularly</li> </ul>
	Clinical breast exam	Every 3 years Annually	Women ages 20-39 Women ages 40+	
	Self-exam	Daily	Women ages 20+	
<b>COLON</b> 	Fecal immunochemical test (FIT)	Annually	Men and Women ages 45-85	<ul style="list-style-type: none"> <li>• Stop smoking</li> <li>• Avoid consumption of animal fat</li> <li>• Increase intake of fruit and vegetables</li> </ul>
	Guaiac-based fecal occult blood test (gFOBT)	Annually		
	Multi-targeted stool DNA test (MT-sDNA)	Every 3 years	You may start screenings early at age 21 if you have high risk factors	
	Colonoscopy	Every 10 years		
	CT colonography	Every 5 years	Please consult with your doctor for additional information	
	Flexible sigmoidoscopy (FSIG)	Every 5 years		
<b>LIVER</b> 	Alpha-fetoprotein (AFP) blood test & liver ultrasound	Every 6 months	Those who have chronic hepatitis B or liver cirrhosis from other causes	<ul style="list-style-type: none"> <li>• Limit alcohol</li> <li>• Limit animal meat and fats</li> <li>• Get the Hepatitis B vaccination</li> <li>• Get regular screenings</li> </ul>
<b>LUNG</b> 	Low-dose Computed Tomography (LDCT) of the lungs	Annually	Men and Women ages 55-80 <ul style="list-style-type: none"> <li>• Smoke (1 pack/day or equivalent in 30 years)</li> <li>• Individuals with long smoking history who has quit less than 15 years</li> </ul>	<ul style="list-style-type: none"> <li>• Stop smoking</li> <li>• Increase intake of fruit and vegetables</li> <li>• Exercise regularly</li> </ul>
<b>PANCREAS</b> 	Endoscopic ultrasound of the pancreas	No guidelines	Those with family history of pancreatic cancer or history of a genetic syndrome associated with pancreatic cancer  Please consult with your doctor for additional information	There is no sure way to prevent pancreatic cancer. Some activity that might lower your risk include: <ul style="list-style-type: none"> <li>• Stop smoking</li> <li>• Maintain a healthy weight</li> <li>• Limit alcohol</li> <li>• Limit exposure to certain chemicals in the workplace</li> </ul>
<b>STOMACH</b> 	Stomach endoscopy	No guidelines	Those with family history of stomach cancer or have stomach symptoms  Please consult with your doctor for additional information	<ul style="list-style-type: none"> <li>• Stop smoking</li> <li>• Increase intake of fruit &amp; vegetables</li> <li>• Decrease intake of salt and smoked food</li> </ul>

Source: For more information about various cancers, please visit the American Cancer Society at [www.cancer.org](http://www.cancer.org)