

# Cancer Awareness

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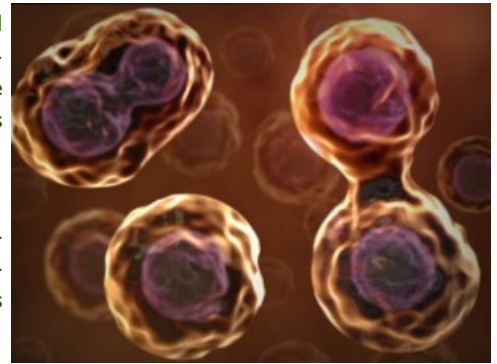
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## Understanding Cancer

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Cancer is a disease caused by the growth of abnormal cells and can occur in almost any part of the body. Normally, the human body will grow new cells when the older cells die or become damaged. With cancer, cells begin to grow and divide uncontrollably.



Although sometimes the cause for certain cancers is unknown, there are a few types of cancer that can be prevented or detected early. It is important to see physicians regularly and get tested to maintain your health.

## Breast Cancer

According to the Prevent Cancer Foundation, women should have a clinical breast exam and mammogram annually beginning at the age of 40. Self exams can also be done at home. It is important to speak with your physician regarding the frequency of your screening tests so that it can be adjusted according to your needs.

Men and women may be at an increased risk of breast cancer if they are

overweight/obese, not physically active, over the age of 40, has already had breast cancer, has a family history of ovarian cancer, has had radiation on or close to his/her chest.

See your physician if you notice a lump/hard knot in the breast, a lump underneath the arm, change in shape or size of the breast, nipple pain, tenderness, or discharge, inverted nipple, or the breast feels warm/swollen.



## Testicular Cancer

Some risk factors include an undescended testicle at birth or abnormal development of the testes, infection with HIV, genetic problem due to an extra X chromosome, personal or family history of testicular cancer, or are Caucasian.

During annual check-ups, have a health care professional do a testicular exam and also check yourself routinely.

Contact your physician if you experience a painless lump, enlargement, or swelling in either testicle, a

change in how the testicle feels, dull aching in the lower abdomen, back, or groin, pain or discomfort in the testicle or scrotum, sudden collection of fluid in the scrotum, or feeling of heaviness in the scrotum.



# Prostate Cancer

Risk factors include men over the age of 50, males who are African American, and those who have a family history of prostate cancer.

In general, prostate exams should be conducted starting at the age of 50. It is important to speak with a physician to determine the frequency of your testing. A Prostate-Specific Antigen (PSA) blood test should also be conducted every 1 to 2 years.

Contact your physician if you experience any urinary problems, painful/difficult erection, or pain in the lower back, pelvis, or upper thighs.



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# Skin Cancer

Risk factors include spending time in the sun or using tanning booths, smoking, having blond, red or light brown hair, and blue, gray, or green eyes, freckles, fair skin, family history of skin cancer, treatment with radiation, several moles on the body, especially if they have been there since birth, Human Papillomavirus (HPV), or having sunburns as a child.

It is important to avoid the sun, especial between 10 am to 4 pm, do not use sun lamps of tanning beds, always use sunscreen and lip balm with UVB and UVA protec-

tion with SPF 30, even on cloudy days, apply an ounce of sunscreen 20 minutes before going out in the sun and reapply every 2 hours if in continuous

sun, wear sunglasses that can absorb UV radiation, a wide brim hat, and clothing made of tightly woven material with long sleeves, and protect children from the sun.

Talk with a healthcare professional if you notice a sore that doesn't heal, a mole or other growth you haven't noticed before, change in border of a spot, spread of color, redness or swelling around the area, a small smooth shiny pale or



# Getting Support

As always, contact your physician if you notice any changes in your body. Each person is different and may need to get tested at different intervals based on their life. For further information, visit the following websites:

- <http://preventcancer.org/our-work/>
- [http://www.cancercare.org/publications/60-finding\\_resources\\_in\\_your\\_community](http://www.cancercare.org/publications/60-finding_resources_in_your_community)
- <https://www.cancer.org/treatment/support-programs-and-services/resource-search.html>

You can also speak with a healthcare professional for more information!