

# TOP 5 CANCERS

## Top Five Cancer Diagnoses for Women

### BREAST CANCER

#### Risk factors:

- Age-Women 50 and older
- Family history: Having close family members (grandmother, mother, sister) who have had breast cancer
- Breast tissue density: Women with higher breast tissue density
- Radiation: Women who have had high-dose radiation to the chest area from medical procedures
- Never giving birth or giving birth later in life
- Physical inactivity and/or obesity

#### Screening:

- Mammography: Women should schedule a mammogram every three years in their 20s and 30s and once a year when 40 and older
- Clinical breast exam: Women should have a clinical breast exam as part of their annual physical
- Self examination: Women should perform self-exams on a regular basis and report and changes to your doctor immediately

### LUNG CANCER

#### Risk factors:

- Smoking: Secondhand smoke can also increase the risk of lung cancer
- Genetics: Certain gene mutations and family history of lung cancer
- Exposure to radon and asbestos

#### Screening:

Lung cancer is difficult to detect because most symptoms do not appear until late stage. Screening (chest X-

rays, computed tomography (CT) and magnetic resonance imaging (MRI) may be used for high risk individuals to detect abnormal areas in the lung.

If you notice the following symptoms, call your doctor:

- Coughing that does not go away
- Chest pain, often made worse by deep breathing, coughing, or laughing
- Hoarseness
- Weight loss and loss of appetite
- Bloody or rust-colored sputum (spit or phlegm)
- Shortness of breath
- Infections such as bronchitis and pneumonia that keep coming back
- Wheezing

### COLON AND RECTUM CANCER (COLORECTAL)

#### Risk factors:

- Age: 90 percent of cases occur over age 50
- Family history: If a family member has colorectal cancer you are at greater risk
- Physical inactivity and obesity
- Diet high in red or processed meat

#### Screening:

Beginning at age 50, women who are at average risk for developing colorectal cancer should have 1 of the 5 screening options:

- Fecal occult blood test :Women should have a fecal occult blood test or fecal immunochemical test once a year and a flexible sigmoidoscopy every 5 years,
- Double-contrast barium enema: You can choose to have a double-contrast barium enema every 5 years instead of a fecal occult blood test
- Colonoscopy: Every 10 years

### UTERINE CANCER

(INCLUDES ENDOMETRIAL CANCER):

#### Risk factors:

- Estrogen replacement therapy (ERT)
- Early menstruation (before age 12)
- Late menopause
- History of infertility or never having given birth
- History of polycystic ovary syndrome

#### Screening:

Most uterine cancer is detected at an early stage due to post-menopausal bleeding. Women should report irregular bleeding or spotting to their doctor. For women considered high risk, an annual screening with biopsy should begin at age 35.

### NON-HODGKIN LYMPHOMA

#### Risk factors:

- Age: Most cases found in people over age 60
- Reduced immune function
- Auto-immune conditions
- Suppressed immune systems
- Exposure to herbicides, chlorinated organic compounds and other chemicals
- Family history

#### Screening:

Presently, there is no formal screening process for this disease. However, if you notice the following symptoms, call your doctor:

- Swelling in lymph nodes on the sides of the neck, in the groin, in the underarm or above the collarbone
- Painful or swollen stomach area that causes nausea, loss of appetite and vomiting
- Feeling of pressure on the windpipe causing shortness of breath

The earlier the cancer is detected, the better the chance for cure. Please use this guide to help you and your loved ones to know your risk factors and to learn more about screenings that could help detect cancer in its earliest stages.

## Top Five Cancer Diagnoses for Men

### PROSTATE CANCER

#### Risk factors:

- Age: Men over 50 with most cases being in men over age 65
- Family history: Having close family members (grandfather, father, brother) who have had prostate cancer
- Race: African American men are more likely to develop prostate cancer than white males
- High-fat diet
- Obesity

#### Screening:

- Prostate-specific antigen (PSA): Test should be given annually beginning at age 50
- Digital rectal examination (DRE): Test should be given annually beginning at age 50 for men of average risk, age 45 or younger for men at high risk

### LUNG CANCER

#### Risk factors:

- Smoking: Secondhand smoke can also increase the risk of lung cancer
- Genetics: Certain gene mutations and family history of lung cancer
- Exposure to radon and asbestos

#### Screening:

Lung cancer is difficult to detect because most symptoms do not appear until late stage. Screening (chest X-rays, computed tomography (CT) and magnetic resonance imaging (MRI) may be used for high risk individuals to detect abnormal areas in the lung

If you notice the following symptoms, call your doctor:

- Coughing that does not go away

- Chest pain, often made worse by deep breathing, coughing, or laughing
- Hoarseness
- Weight loss and loss of appetite
- Bloody or rust-colored sputum (spit or phlegm)
- Shortness of breath
- Infections such as bronchitis and pneumonia that keep coming back
- Wheezing

### COLON AND RECTUM CANCER (COLORECTAL)

#### Risk factors:

- Age: 90 percent of cases occur in people over 50
- Genetic mutations: certain genetic mutations can cause this cancer
- Family history: Having close family members (grandfather, father, brother) who have had colorectal cancer
- Physical inactivity and obesity
- Having a diet high in red or processed meat

#### Screening:

- Fecal occult blood test: Men should have a fecal occult blood test or fecal immunochemical test once a year and a flexible sigmoidoscopy every 5 years,
- Double-contrast barium enema: You can choose to have a double-contrast barium enema every 5 years instead of a fecal occult blood test
- Colonoscopy: Every 10 years

### URINARY BLADDER CANCER

#### Risk factors:

- Smoking
- Gender: Three times more common in men than women
- Occupation: Working with dye, rubber, leather print or paint
- Exposure to arsenic in drinking water.
- Chronic bladder conditions

#### Screening:

Screening is done only in people with high risk and those who have previously had urinary bladder cancer. It is often diagnosed by examining cells in the urine under a microscope and by inspecting the bladder with a cystoscope (a slender tube fitted with a lens and light that is inserted into the bladder through the urethra).

### NON-HODGKIN LYMPHOMA

#### Risk factors:

- Age: Most cases found in people over age 60
- Reduced immune function
- Auto-immune conditions
- Suppressed immune systems
- Exposure to herbicides, chlorinated organic compounds and other chemicals
- Family history

#### Screening:

Presently, there is no formal screening process for this disease. However, if you notice the following symptoms, call your doctor:

- Swelling in lymph nodes on the sides of the neck, in the groin, in the underarm or above the collarbone.
- Painful or swollen stomach area that causes nausea, loss of appetite and vomiting.
- Feeling of pressure on the windpipe causing shortness of breath.