

SCREENING TESTS CAN SAVE YOUR LIFE!

THEY HELP PREVENT CANCER OR FIND IT EARLY WHEN TREATMENT WORKS BEST



Cancer is a disease in which cells of the body grow out of control. The disease is often named for where it starts in the body.

- * **Breast Cancer** – is one of the most common cancers in American women, but men can also get the disease.
- * **Cervical Cancer** - The cervix connects the birth canal to the womb. Cervical cancer is often caused by the human papilloma virus (HPV). A vaccination is now available to prevent HPV.
- * **Colorectal Cancer** – This includes the colon (large intestine) and the rectum (connects the colon to the outside of the body). The disease usually starts from a growth (polyp) that can turn into cancer.

TYPES OF SCREENING TESTS

The kinds of screening tests you should have, and how often you should have them, depend on your family medical history and other personal risk factors. Share your risk factors with your health care provider. Together you can identify what cancer screening tests you need, and when you need to get them.

Cancer	Common Screening Tests
Breast	Mammogram - is an X-ray of the breast. It can help identify breast conditions that can lead to cancer and can also find breast cancer when it is very small. Breast MRI – uses strong magnets to make very detailed pictures of the body. It is recommended for women at high risk of breast cancer.
Cervical	Pap test - looks for cell changes that might become cancer if not treated. It can also find cervical cancer early. HPV test - looks for the virus that can cause cell changes and cervical cancer. The HPV vaccination can prevent this virus. Talk to your doctor about this vaccination.
Colorectal	Stool test - A small amount of stool is collected at home and sent to a lab for the test. The lab tests for blood in the stool or cell changes. Colonoscopy – A doctor uses a long, thin, flexible, lighted tube to check for growths or cancer inside the rectum and the entire colon.

If your screening test results are NOT normal – see your doctor for follow up. DO NOT PUT IT OFF. When caught early, most cancers can be cured!



HELP WITH COSTS

The costs of screening tests can be covered by private insurance, Medicare, Medicaid, or other health programs like Every Woman Matters and the Nebraska Colon Cancer Screening Program. Local community health workers can connect you with these programs and help you overcome other problems that keep you from getting the tests (transportation, childcare, getting time off from work, etc.). Don't let cost concerns keep you from getting the care you need!

KNOW YOUR BODY. IF YOU NOTICE A WARNING SIGN OF CANCER, SEE YOUR DOCTOR RIGHT AWAY! DON'T WAIT AND WORRY!

AND DON'T BE AFRAID TO GET A SECOND OPINION. YOU KNOW YOUR BODY BEST.



Warning signs are not the same for everyone.

Breast Cancer Warning Signs

ANY BREAST CHANGES THAT ARE NOT NORMAL FOR YOU.

These can include:

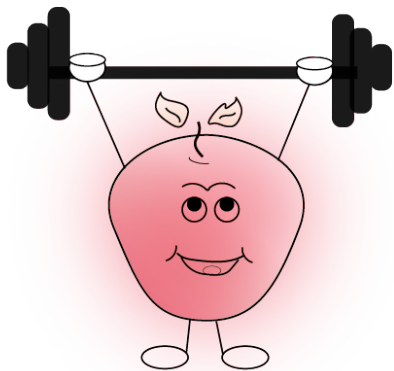
- * Lump, hard knot or thickening inside the breast or underarm area
- * Swelling, warmth, redness or darkening of the breast
- * Change in the size or shape of the breast
- * Dimpling or puckering of the skin
- * Itchy, scaly sore or rash on the nipple
- * Pulling in of your nipple or other parts of the breast
- * Nipple discharge that starts suddenly
- * New pain in one spot that does not go away

Cervical Cancer Warning Signs

- * Bleeding or discharge from the vagina that is not normal for you

Colorectal Cancer Warning Signs

- * Blood in or on your stool
- * Stomach pain, aches, or cramps that don't go away
- * Losing weight and you don't know why



HEALTHY BEHAVIORS CAN HELP PREVENT CANCER

- * Be physically active at least 150 minutes per week
- * Eat healthy (2.5 cups of fruits and vegetables a day, avoid sugary drinks)
- * Maintain a healthy weight
- * Don't drink alcohol or limit to less than 1/day
- * Limit hormone use
- * Breastfeed, if you can
- * Manage stress
- * Be tobacco free
- * Practice safe sex

**For more information, visit GetScreened.net
Source: Centers for Disease Control and Prevention (CDC)**

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