Steps to reduce your risk of cancer

- Avoid cigarette smoke and chewing tobacco.
- Exercise daily. Try to get 30 minutes to one hour every day.
- Find and maintain a healthy weight. Cut down on salty and high-fat foods such as butter, fried foods, fast food, and rich desserts.
- Handle harmful chemicals and fibers only when wearing protective clothing.
- Have regular cancer screenings. Be sure to get recommended vaccinations. Tell your doctor if you or someone in your family has had cancer.
- Limit the red meat you eat. Bake, broil, or roast lean cuts of meat, skinless poultry, and fish. Avoid smoked, processed, or salt-cured meats such as ham, bacon, and hot dogs.
- Limit time in the sun, especially from 10 a.m. to 4 p.m. Use sunscreen with SPF 30 or higher, with titanium dioxide or zinc oxide.
- Treat yourself to fruits and vegetables at every meal—eat five or more servings daily. Talk to your doctor before taking dietary supplements.
- Use alcohol only in moderation. Limit to one or two drinks per day, if any.

FOR MORE INFORMATION

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The Cancer Learning Center is a free library on the first floor of Huntsman Cancer Institute. Register to check out books and videos and view materials online:
www.huntsmancancer.org/clc

Library Hours:
Monday-Friday, 9 a.m. to 5 p.m.

Phone Line Hours:
Monday-Friday, 8 a.m. to 4 p.m.
1-888-424-2100

NATIVE AMERICAN OUTREACH

2000 Circle of Hope
Salt Lake City, Utah 84112
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www.huntsmancancer.org/nativeamerican

You can take control of your health.
Lifestyle changes may lower your risk for some types of cancer.
Early detection can decrease the risk of some cancers and improve the outcome of others.
Risk factors increase the odds of getting a disease but do not always mean a disease will occur. Please talk to a doctor about cancer screening and proper self-exam techniques. Also be sure to see a doctor if you have any unusual symptoms or body changes.

The following are known cancer risks:

### Breast
- Age over 40 (risk increases with age)
- Menstruation before age 11
- Never had children or first child born after age 30
- Onset of menopause after age 50
- Personal history of uterine, ovarian, or colon cancer
- Personal or family history of breast cancer (on mother’s or father’s side)

### Cervical
- AIDS or other sexually transmitted disease
- First sexual intercourse at an early age
- Human papillomavirus (HPV) or genital warts
- Multiple sexual partners
- Previous abnormal Pap test
- Smoking or tobacco use

### Colorectal
- Age over 50 (risk increases with age)
- Personal history of ovarian, uterine, or breast cancer
- Personal history of ulcerative colitis or Crohn's disease
- Personal or family history of colorectal polyps
- Personal or family history of colon cancer

### Lung
- Age over 50
- Exposure to radon
- Heavy smoker
- Started smoking at age 15 or earlier
- Working with or near asbestos, especially if a smoker

### Oral
- Chronic or heavy use of alcohol
- Heavy smoker
- Other tobacco use (including smokeless tobacco)
- Poor oral hygiene

### Ovarian
- Never been pregnant
- Never breast-fed a baby
- Never used oral contraceptives
- Personal or family history of ovarian cancer

### Prostate
- African-American
- Age over 50 (risk increases with age)
- Family history of prostate cancer (father, brother, or son)

### Skin
- Excessive exposure to the sun, including tanning beds
- Fair-skinned individuals who burn or freckle easily
- Family history of melanoma
- One or more severe blistering sunburns before age 18
- Personal history of skin cancer (squamous, basal cell, or melanoma)

### Stomach
- Age over 55
- Diet heavy in smoked, pickled, salted, or poorly preserved foods
- History of stomach cancer among close relatives

### Testicular
- Age 15 to 34
- Undescended testicles or testicles descended after age 6

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### Men's Cancer Screening Guidelines

- **Every Age**
  - Physical exam at least every three years
  - Regular self-exam of skin
  - Monthly testicular self-exam
  - Yearly PSA test and digital rectal exam

  **Starting at Age 50**
  - Colorectal screening (choose one):
    - Colonoscopy every 10 years
    - Double contrast barium enema every 5 years
    - Flexible sigmoidoscopy every 5 years
    - Stool check for blood every year

### Women's Cancer Screening Guidelines

- **Every Age**
  - Physical exam at least every three years
  - Regular self-exam of skin
  - Human papillomavirus (HPV) vaccination (three-shot series recommended before age 27)

- **Ages 9-26**
  - Monthly self-exam

- **Starting at Age 21**
  - Breast exam by a doctor every three years
  - Monthly breast self-exam

  **Starting at Age 40**
  - Yearly mammogram and breast exam by a doctor
  - Pelvic exam and Pap test as recommended
  - Breast exam by a doctor every three years
  - Monthly breast self-exam

### Colorectal screening (choose one):
- Colonoscopy every 10 years
- Double contrast barium enema every 5 years
- Flexible sigmoidoscopy every 5 years
- Stool check for blood every year