

Get Screened!

Test your knowledge of cancer and risk factors
by answering the following questions...

1. Antioxidants, which are found in foods such as green tea and blueberries, help reduce free radicals in your body and decrease your risk for cancer.

TRUE

FALSE

2. You should start getting screened for colorectal cancer at age _____, unless you have a family history or personal risk factors.

3. A _____ is the only preventative screening method for colorectal cancer that includes a treatment option.

A. Colonoscopy

C. Barium Enema

B. FOBT

D. Sigmoidoscopy

4. About 3/4 of all colorectal cancer cases occur in men.

TRUE

FALSE

5. There are _____ different tests used to screen men for prostate cancer.

6. About 1 in _____ men will be diagnosed with prostate cancer in their lifetime.

A. 10

C. 8

B. 3

D. 6

7. Some sunlight is good for you. It is recommended to get about 15 minutes of natural sunlight per day. This provides your cells with vitamin _____, which decreases your cancer risk and increases your overall health.

8. It is recommended that the average adult exercises _____ minutes per day, 5 days a week. Exercise decreases your risk for some cancers.

9. A sunscreen with SPF _____ or higher should be used when you are exposed to UV rays for more than 15 minutes, and you should reapply every 2 hours.

10. _____ cancer is the leading cause of cancer deaths in the US (and Calvert County).

1. Explain free radicals and antioxidants
2. Colon cancer awareness month!
family and personal risk factors
Symptoms
Exercise
red meat vs. fiber
other cancers (endometrium, ovarian, breast)
3. What is a colonoscopy compared to others
Polyps
how often you get screened
inconvenience of prep vs. cancer treatment
4. It's more 1/2 and 1/2. About 58% men, 42% women
....any questions about colorectal cancer?
5. PSA (Prostate-Specific Antigen) and DRE (Digital Rectal Exam)
PSA measured in units per volume tested (4 or higher trigger for other tests)
screening age, how often?
symptoms (trouble passing urine, pain in the back, hips or pelvis, blood in urine, pain or burning when passing urine),
Prostate screenings at hospital.
6. This does include late diagnoses.
In general, the later men are diagnosed the slower it spreads
"watchful waiting"
....any questions?
7. Vitamin D helps natural melanin in body
After 15 minutes, remember sunscreen!
8. Exercise also decreases risk of other health problems!
9. Lather on generously. Using too little is actually harmful because it doesn't spread to deeper layers of the skin, and can cause cancer at deeper layers which is harder to treat.
10. Lung cancer is the leading cause of cancer deaths and is the highest detected cancer
Smoking increases your risk for other cancers as well
smoking cessation classes at health department and calvert memorial hospital