



For More Information

The **Huntsman Cancer Learning Center** is a free lending library that also offers free, personal responses to e-mail and telephone requests for cancer information:

patient.education@hci.utah.edu

or toll free **1-888-424-2100**

The **Huntsman Online Patient Education (HOPE) Guide** gives anyone with Internet access free, easy-to-understand answers to questions about all types of cancer and prevention: **hopeguide.org**.



a reason to HOPE®



Cancer Learning Center *Your source for free cancer information*

2000 Circle of Hope
Salt Lake City, UT 84112
801-581-6365
1-888-424-2100

patient.education@hci.utah.edu
huntsmancancer.org/clc

03/09

Cancer Screening and Risk Reduction



*A guide to help you
reduce your cancer risks*

HUNTSMAN CANCER INSTITUTE

Men's Cancer Screening Guidelines

Every Age

Physical exam at least every three years
Regular self-exam of skin



Ages 15-35

Monthly testicular self-exam (optional)



Starting at Age 50

Yearly PSA test and digital rectal exam
Colorectal screening (choose one):

- Colonoscopy every 10 years
- Double contrast barium enema every 5 years
- Flexible sigmoidoscopy every 5 years



Reduce your risk of cancer by living in a HEALTHFUL way.

Have regular cancer screenings. Be sure to get recommended vaccinations. Tell your doctor if you or someone in your family has had cancer.

Exercise daily. Try to get 30 minutes to one hour every day.

Avoid cigarette smoke and chewing tobacco.

Limit time in the sun, especially from 10 a.m. to 4 p.m. Use sunscreen with SPF 30 or higher, containing 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.

Handle harmful chemicals and fibers only when wearing protective clothing.

Find and maintain a healthy weight. Cut down on salty and high-fat foods such as butter, fried foods, fast food, and rich desserts.

Use alcohol only in moderation. Limit to one or two drinks per day, if any.

Limit red meat intake. 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.

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.

Women's Cancer Screening Guidelines

Every Age

Physical exam at least every three years
Regular self-exam of skin



Ages 9-26

Human papillomavirus (HPV) vaccination (three-shot series recommended before age 27)



Starting at Age 21

Pelvic exam and Pap test as recommended by your doctor
Breast exam by a doctor every three years
Monthly breast self-exam (optional)



Starting at Age 40

Yearly mammogram and breast exam by a doctor



Starting at Age 50

Colorectal screening (choose one):

- Colonoscopy every 10 years
- Double contrast barium enema every 5 years
- Flexible sigmoidoscopy every 5 years

The screening guidelines listed here are for men and women at average risk for cancer.