



*CANCER SCREENINGS.*



**HENRY FORD  
CANCER INSTITUTE**



# Understanding cancer prevention and screening.

Some cancer risks, such as age and family history, can't be changed. But everyone has the power to make healthy decisions that greatly improve the chances of remaining cancer-free.

## REDUCE YOUR CANCER RISK

In addition to having regular physical exams and the appropriate cancer screening tests, it is important to:

- avoid tobacco use.
- increase daily physical activity.
- make healthy food choices that include plenty of fruits and vegetables.
- protect your skin from the sun.
- know your family medical history and your risks.
- limit how much alcohol you drink.
- maintain a healthy weight.

## CANCER SCREENING GUIDELINES

Advancements in the treatment of cancer are being made every day, but prevention and early detection still provide the best advantage. For those at high risk, or who have a family history of cancer, screenings may need to start earlier or be more frequent. **It is always best to consult your primary care physician about what is appropriate for you.**

### TAKE ACTION AND GET SCREENED

Henry Ford offers cancer screening at several locations throughout southeast and southcentral Michigan. Talk with your primary care doctor, and get screened!

**To schedule a cancer screening, contact us:  
(877) 6SCREEN (877-672-7336)  
[henryford.com/cancerscreening](http://henryford.com/cancerscreening)**



## **BREAST CANCER**

Henry Ford recommends:

- mammograms every year, starting at age 40 and continuing for as long as a woman is in good health
- clinical breast exams about every three years for women in their 20s and 30s and every year for women 40 and over.

Women should know how their breasts normally look and feel and report any breast change promptly to their health care provider.

Men can also get breast cancer, although it is far less common. Men should have regular physical examinations and report any changes or suspicious findings in breast tissue to their doctors.

## **COLON CANCER**

Colorectal cancer nearly always starts with non-cancerous (benign) growths called polyps, which would typically be identified and removed during a colonoscopy. So this important screening can actually prevent the development of cancer.

**Beginning at age 50, both men and women should have a colonoscopy every 10 years, or every five years if polyps are found.**

**You may also use a FIT (fecal immunochemical test) kit as an easy screening test for colorectal cancer. This take home kit tests for hidden blood in the stool, which can be an early sign of cancer. If blood is found, then a colonoscopy would be recommended.**

Some people should be screened using a different schedule because of their personal history or family history. Talk with your doctor about your history and schedule the colorectal cancer screening type that is best for you.

## **LUNG CANCER**

Knowing about your lung health can bring peace of mind. If lung cancer is detected at an early stage, there is a better chance for a cure. Henry Ford's specialized Lung Cancer Screening Clinic screens people to identify potential lung cancer as early as possible. The American Cancer Society recommends lung cancer screening for those who are at high risk. You are high risk if you:

- Are 55 to 77 years old AND
- Have smoked at least one pack a day for 30 years or equivalent packs in less years (example: two packs a day for 15 years) AND
- Smoke now or quit smoking in the last 15 years



## **PROSTATE CANCER**

We recommend that men make an informed decision with their doctor about whether to be tested for prostate cancer. Research has not yet proven that the potential benefits of testing outweigh the harms of testing and treatment. Starting at age 50, men should talk to a doctor about the pros and cons of testing so they can decide if testing is the right choice for them. If men are African American or have a father or brother who had prostate cancer before age 65, they should have this talk with a doctor starting at age 45. If men decide to be tested, they should have the PSA blood test with or without a rectal exam.

## SKIN CANCER

Skin cancer is the most common of all cancer types, with more than 3.5 million cases diagnosed each year in the United States. There are things you can do to protect your skin, and to catch most skin cancers early enough to be treated effectively.

Most skin cancers can be found early with regular examinations. Your doctor should check your skin carefully as part of a routine physical exam and should discuss any concerns with you at that time. It is also important to check your own skin—preferably once a month.

For step-by-step instructions and details on what to look for, visit [Cancer.org](http://Cancer.org) and search “Skin Exam.”

To lower your risk of skin cancer, protect yourself from exposure to UV radiation. Simply staying in the shade is one of the best ways to limit your exposure. If you are going to be in the sun, wear UV protective clothing, apply sunscreen, and wear a hat and sunglasses.





all for you

To schedule a cancer screening, contact us:  
(877) 6SCREEN (877-672-7336)  
[henryford.com/cancerscreening](https://www.henryford.com/cancerscreening)