

health  chats

# CANCER AWARENESS



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# .Today's Topics

01

Common myths in cancer screening  
(women's health, men's health, general population)

02

Role of lifestyle in cancer prevention

03

UnitedAg resources

04

Q&A

**.Myth:**  
If I don't have  
a family  
history of  
breast cancer,  
I won't get it

- Only 5-10% of breast cancer is thought to be hereditary
- Screening is the most important strategy for early detection and treatment
- Mammograms recommended every 2 years for women ages 50-74
- See your provider ASAP if you have symptoms (e.g. lumps, pain, nipple discharge, breast/armpit skin changes)

**.Myth:**  
Cervical  
cancer  
screening is  
only  
necessary  
when women  
are sexually  
active

- Cervical cancer screening (pap test) should start at age 21, REGARDLESS of sexual activity
- Age 21-29: Pap test every 3 years if normal
- Age 30-65: Pap test every 3 years (cytology alone) or every 5 years if tested for high -risk human papillomavirus (HPV) with or without cytology

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## **.Myth:** All men need to be screened for prostate cancer

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- Prostate cancer screening is directed by patient preference
- Recommended age range 55-69 y/o
- Pros/cons need to be discussed with your provider





## .Myth: Colorectal cancer (CRC) screening is invasive

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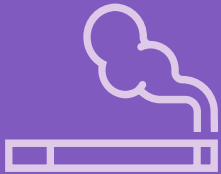
- Colonoscopy is only one way to screen for CRC
- Many other screening methods now available, can even be done at home
- Recommended age range 50 -75 y/o
- Frequency depends on screening method







# .Myth: There is no screening for lung cancer



Anyone with significant smoking history who is actively smoking or quit within last 15 years should have annual low dose CT scan to screen for lung cancer

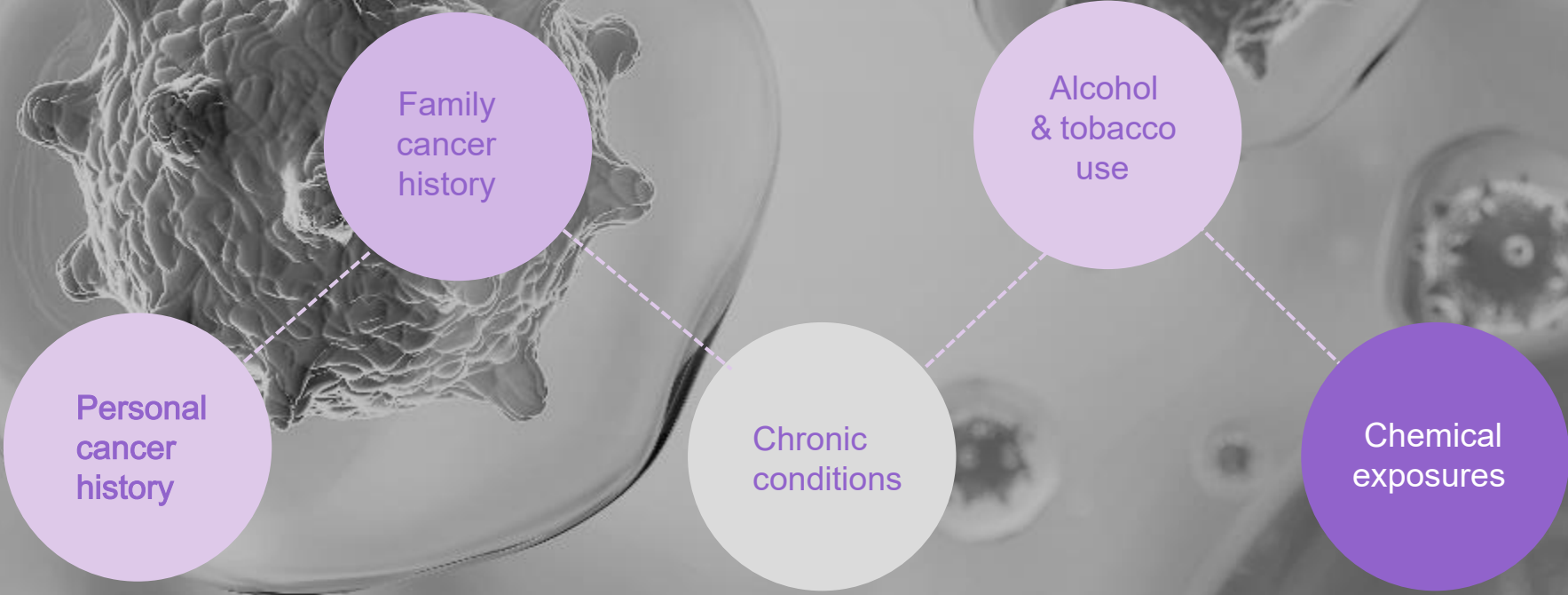
55 - 80

Recommended age range 55-80 y/o



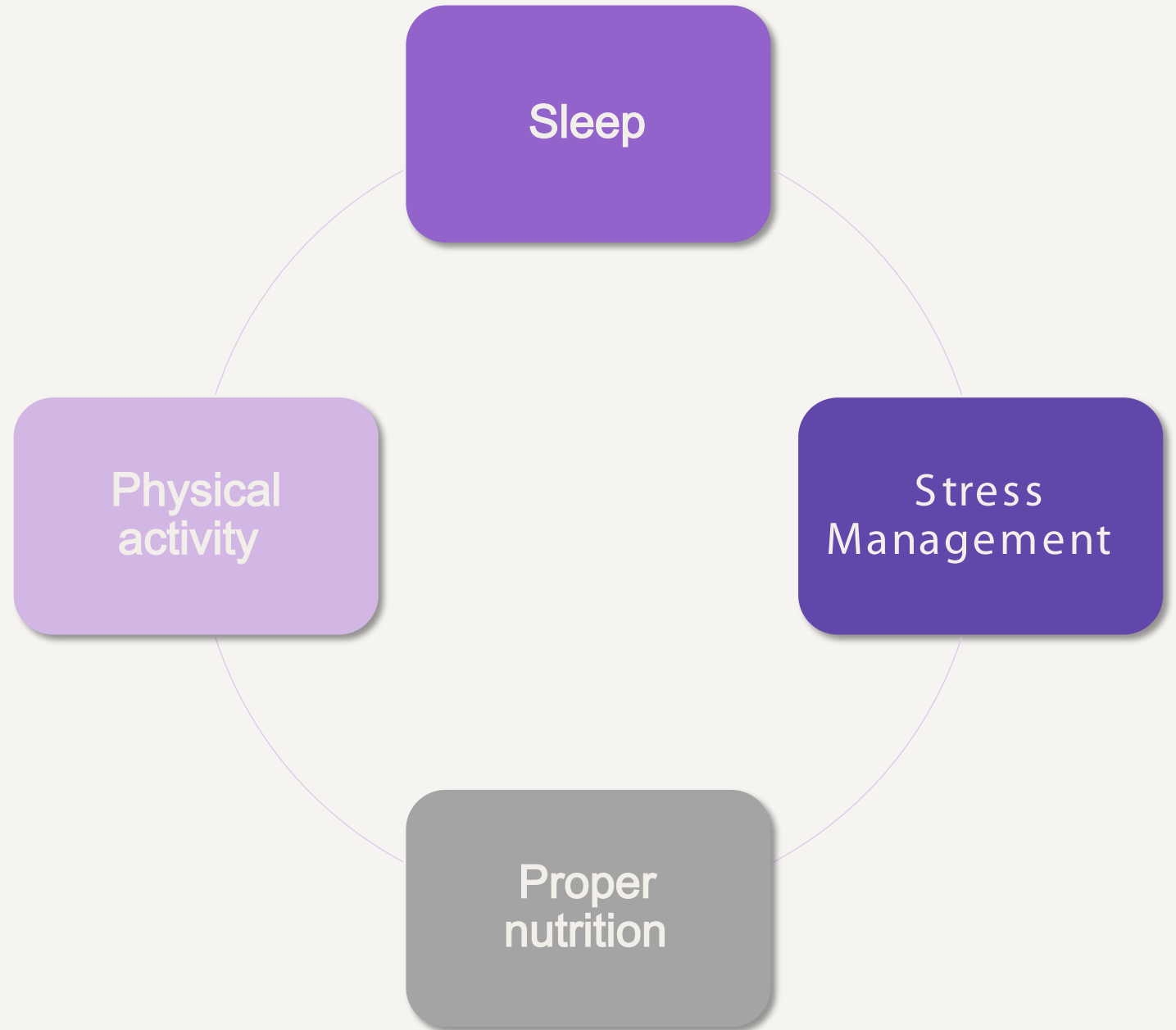
See provider ASAP if you have any symptoms (e.g., cough, bloody phlegm, shortness of breath)

# Factors Affecting Cancer Risk



Please discuss your risk factors with your provider so you can develop a personalized cancer screening plan.

# Lifestyle & Cancer Prevention





# .Resources

**UnitedAg Health & Wellness Centers**

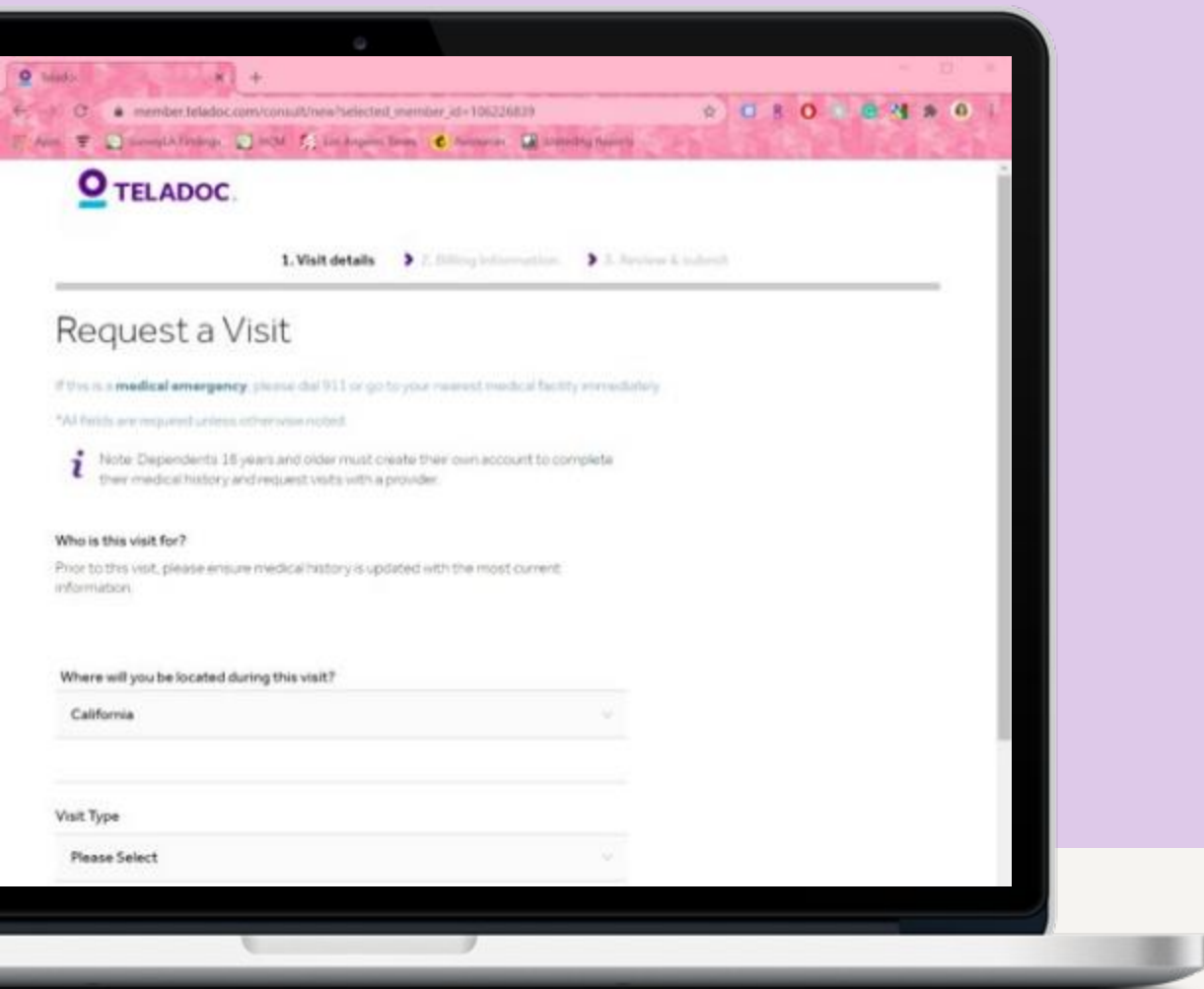
[unitedag.org/wellnesscenters](https://unitedag.org/wellnesscenters) | 877.877.7981

**Teladoc**

[Teladoc.com](https://Teladoc.com)

**Other Resources**

[cdc.gov/cancer](https://cdc.gov/cancer)



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