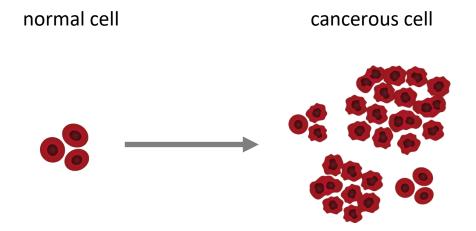


CANCER AWARENESS

- Unusual cell division can cause lumps that may cause cancer, which invades and destroys the body's organs. If cancer cells can't be controlled, death will occur.
- Cancer can occur at any age.
- Most common cancers among Asian Americans (2014-2018):
 - 1.) Women: Breast, lung, colorectal, thyroid, uterine
 - 2.) Men: Prostate, lung, colorectal, non-Hodgkin's lymphoma, bladder
- Risk factors:
 - 1.) <u>Things you can control</u>: Weight, diet, exercise, alcohol, smoking/vaping, sun exposure, radiation, chemicals
 - 2.) Things you can't control: Age, personal medical history, family medical history



CANCER SCREENING RECOMMENDATIONS

Where	Туре	Age 20-29	30-39	40-49	50-59	60+
*Breast (Women)	Mammogram	Every 2 years starting at age 50				
*Cervical (Women)	Human papillomavirus (HPV) exam OR	Every 5 years starting at age 30				
	Pap smear + HPV exam OR	Every 5 years starting at age 30				
	Pap smear	Every 3 years starting at age 21				
Prostate (Men)	Prostate-Specific Antigen (PSA) + Digital Rectal Exam (DRE)	Discuss with your doctor starting at age 55				
Colorectal (Men and Women)	Fecal Occult Blood Test (FOBT) OR	Every year starting at age 45				
	Fecal Immunochemical Test (FIT) OR	Every year starting at age 45				
	Fecal Immunochemical Test - Deoxyribonucleic Acid (FIT-DNA) OR	Every 1-3 years starting at age 45				
	Flexible sigmoidoscopy OR	Every 5 years starting at age 45			age 45	
				Every 10 years starting at age 45 if FIT is done		
	Colonoscopy OR			Every 10 years starting at age 45		
Lung (Men and Women who have smoked within the past 15 years)	Low-Dose Computed Tomography (LDCT)				Every starting a	•

^{*}These topics are being updated by the U.S. Preventive Services Task Force. The information provided here is not intended to be a substitute for medical information provided by a healthcare provider.