

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.) Things you can control: Weight, diet, exercise, alcohol, smoking/vaping, sun exposure, radiation, chemicals
 - 2.) Things you can't control: Age, personal medical history, family medical history

normal cell



cancerous cell



CANCER SCREENING RECOMMENDATIONS

Where	Type	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		
					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 year starting at age 50		

*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.