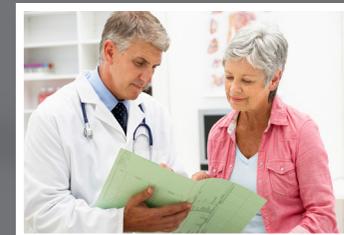


## GENERAL CANCER SCREENING



### STEPS YOU CAN TAKE TO GUARD AGAINST CANCER

Many cancers that are found early can be treated and often cured. The information in this booklet lists the screening guidelines for a number of cancers. For more information about cancer screening, prevention, early detection or cancer clinical trials, call The James Line at 800-293-5066 or visit [cancer.osu.edu](http://cancer.osu.edu).

### ADDITIONAL RESOURCES FOR CANCER INFORMATION

- Call The James Line at **800-293-5066**
- Check any of these Internet sites:
  - The James at [cancer.osu.edu](http://cancer.osu.edu)
  - The National Comprehensive Cancer Network at [nccn.org](http://nccn.org)
  - The National Cancer Institute at [cancer.gov](http://cancer.gov)

The Ohio State University Comprehensive Cancer Center – Arthur G. James Cancer Hospital and Richard J. Solove Research Institute is speeding the discovery and delivery of molecular- and genetic-based prevention and treatment for individual cancers, leading to improved outcomes, faster responses, more options and fewer side effects. A founding member of the NCCN and one of only 41 NCI-designated comprehensive cancer centers, Ohio State is rated exceptional, the highest rating given by the National Cancer Institute. In December 2014, Ohio State opened the new James Cancer Hospital and Solove Research Institute. This 21-floor cancer hospital for the 21st century is the third largest freestanding cancer hospital in the nation.

The James



## CANCER SCREENING GUIDELINES

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### Breast Cancer

The National Cancer Institute (NCI) recommends:

- Women age 40 and older should have a mammogram every year
- Women who are at higher-than-average risk of breast cancer should talk with their doctor about whether to have mammograms before age 40 and how often to have them

### Colon Cancer

Men and women 50 and older should have one of the following tests (talk to your doctor about which test is best for you):

- Fecal immunochemical test (FIT): This test to check for tiny amounts of blood in the stool should be done every year
- Sigmoidoscopy: This exam of the inside of the rectum and lower part of the colon using a lighted instrument called a sigmoidoscope should be done every five years
- Colonoscopy: This exam of the inside of the rectum and entire colon using a lighted instrument called a colonoscope should be done every 10 years
- Double contrast barium enema (DCBE): This series of X-rays of the colon and rectum should be done every five years
- CT colonography (virtual colonoscopy): This imaging procedure that uses X-rays to produce images of the colon should be done every five years

### Gynecologic Cancers

- Women should begin having Pap tests after becoming sexually active (vaginal intercourse). All women should have a Pap test by age 21
- At age 30, women who have had three normal Pap test results in a row may get screened every two to three years. Talk to your doctor before you stop getting pap tests

### Prostate Cancer

Beginning at age 50, men should have annual screenings that include:

- A prostate-specific antigen (PSA) blood test
- A digital rectal examination (DRE)

African-American men should talk with their doctor at age 45 about being tested for prostate cancer, as recommended by the American Cancer Society. Those with a family history should begin at age 40.



### Head and Neck Cancer

- Tobacco (including smokeless tobacco) and alcohol use are the biggest risk factors for head and neck cancers. Eighty-five percent of head and neck cancers are linked to tobacco use. People who use both tobacco and alcohol are at greater risk for developing these cancers than those who use either tobacco or alcohol alone.

Contact your doctor if you suffer from any of the following symptoms:

- Constant sore(s) of the mouth
- Hoarseness lasting longer than three weeks
- Sore throat that persists for more than six weeks
- Swelling in the neck for more than six weeks

### Skin Cancer

- Examine your skin from head to toe every month. If you spot a new mole or growth that looks suspicious, see a dermatologist
- Remember your ABCDEs:
  - Asymmetry: The shape of one half doesn't match the other
  - Border: Edges that are ragged and blurred (uneven)
  - Color: Uneven shades of brown, black or tan, and sometimes patches of red, blue or white
  - Diameter: The width is greater than one-quarter inch (size of a pencil eraser, though some melanomas may be smaller)
  - Evolving: A mole that looks different than the rest or is changing in size, shape, color, texture or is bleeding or itching
- Every year, have a professional skin exam by a dermatologist

### Lung Cancer

- Tobacco use is the single greatest cause of lung cancer. If you smoke, the best thing you can do is stop. Seek help from your doctor or a smoking cessation program
- Call the Tobacco Dependence Clinic at Ohio State's Lung Center at 614-293-4925 for information about how to stop smoking

## OSUCCC – JAMES LUNG CANCER SCREENING CLINIC

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**Lung cancer is the #1 cancer killer of both men and women in the U.S., but screening (CT scan) has proven to reduce lung cancer deaths by 20 percent.**

**When:** Every Monday, 2-6 p.m.

**Where:** Martha Morehouse Medical Plaza  
Tower Building, 2050 Kenny Rd.  
Columbus, Ohio 43221

**For questions about qualifiers or to schedule a screening, call 614-293-5066 or visit [cancer.osu.edu](http://cancer.osu.edu).**

## SET THESE GOALS TO LOWER YOUR RISK FOR CANCER, HEART DISEASE AND DIABETES

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- Stay at a healthy weight.
- Be active – exercise at least 30 minutes five days or more a week.
- Eat at least five servings of vegetables and fruits every day.
- Do not smoke or use tobacco. Call the Tobacco Dependence Clinic at 614-293-4925 for information about how to quit.
- Limit your alcoholic beverages to one drink per day for women and two drinks per day for men.

*People who have a higher-than-average risk of cancer should seek expert medical advice about when to begin screening and how often you should be screened.*

Research at the OSUCCC – James is bringing us closer to better answers. New discoveries are happening all the time. For the most up-to-date screening information, visit us at **[cancer.osu.edu](http://cancer.osu.edu)**. These recommendations are current at the time of this writing.