



Cancer Facts

What is Cancer? Normally, cells grow and divide to form new cells as the body needs them. Sometimes, new cells form when the body does not need, these extra cells form a mass tissue called a **tumor**, which can be cancer.






Cancer is the leading cause of death for Asian Americans


Cancer can be discovered early or prevented altogether through regular check-ups and screening procedures. Finding cancer early increases the chance of survival, that is why it is important to follow recommended cancer screening guidelines:

CANCER SCREENING GUIDELINES

BREAST CANCER




-  Clinical breast exam (CBE) every 3 years from age 20 and yearly at age 40
-  Breast self-exam (BSE) monthly starting at age 20
-  Mammogram (x-rays) every year starting at age 40

CERVICAL CANCER

-  Pap test every year starting at age 21 but if test results show there are no problems, she can then get a Pap test once every 2-3 years.


COLORECTAL CANCER

Starting at age 50, both men & women should have:

-  Fecal occult blood test (FOBT) annually
-  Sigmoidoscopy every 5 years
-  Colonoscopy every 10 years

PROSTATE CANCER

At age 50 and above, men should have:

-  Digital Rectal Examination (DRE) & prostate-specific antigen (PSA) test annually

For more information on our free cancer screening program, please call

240-777-1409 or visit our website at **www.AAHInfo.org**

The information provided are guidelines, and not meant to be used as medical advice. Please discuss with your health care provider on what is best for you.



Asian American
Health Initiative

*T*ogether to build a healthy community