

A More Powerful You

Prevent cancer with these powerful forces.

1. Consume more phytochemicals.

Aim to eat 10 servings a day of fruits & vegetables high in phytochemicals, like apples, strawberries, blueberries, grapes, melons, papayas, oranges, broccoli, kale & spinach.



2. Eat high-quality proteins.

Consume proteins rich in omega-3 fats, which help with inflammation & are being studied for their help in cancer prevention. Try milk, salmon & beans.



3. Enjoy more prebiotics & probiotics.

Keep a healthy immune system & prevent cancer. Try eating oatmeal, asparagus, low-fat plain yogurt, kefir, kombucha tea, sauerkraut, kimchi & miso.



4. Get 2.5 hours of physical activity a week.

Moderate intensity aerobic exercise along with muscle training and flexibility exercises is linked to reducing cancers.



5. Protect yourself from UV radiation.

Always be sure to wear sunscreen & protective clothing to help reduce the risk of skin cancer.



6. Live a tobacco-free lifestyle.

Tobacco is associated with many types of cancer including lung, esophagus, larynx, mouth, throat, kidney, bladder, pancreas, stomach & cervical cancers.



7. Have regular cancer screenings & vaccinations.

Regular cancer screenings can help detect problems before symptoms even appear. The HPV vaccine significantly decreases the risk of cervical cancer.



Healthy lifestyle choices & early screenings are powerful tools for preventing & detecting cancer. For more information visit Moffitt.org



Protect Your Pipes

Screening Recommendations to Prevent Colorectal Cancer

Colorectal cancer is cancer that begins in the colon or rectum. Screening options include colonoscopy and stool-based tests.

- Colorectal cancer screening should begin at age 45 for individuals of average risk. If you are African American/Black, are at higher risk, or have a family history of polyps or colorectal cancer, talk to your medical provider about when screening should begin.
- Non-invasive stool based tests (FIT, gFOBT, fecal DNA test) can usually be taken at home and search for blood in the stool or certain genetic markers. If any issues are found, a colonoscopy would likely be recommended.

Discuss screening with your doctor to decide which test is best for you.

To learn more visit Moffitt.org/ColorectalScreening

African Americans are

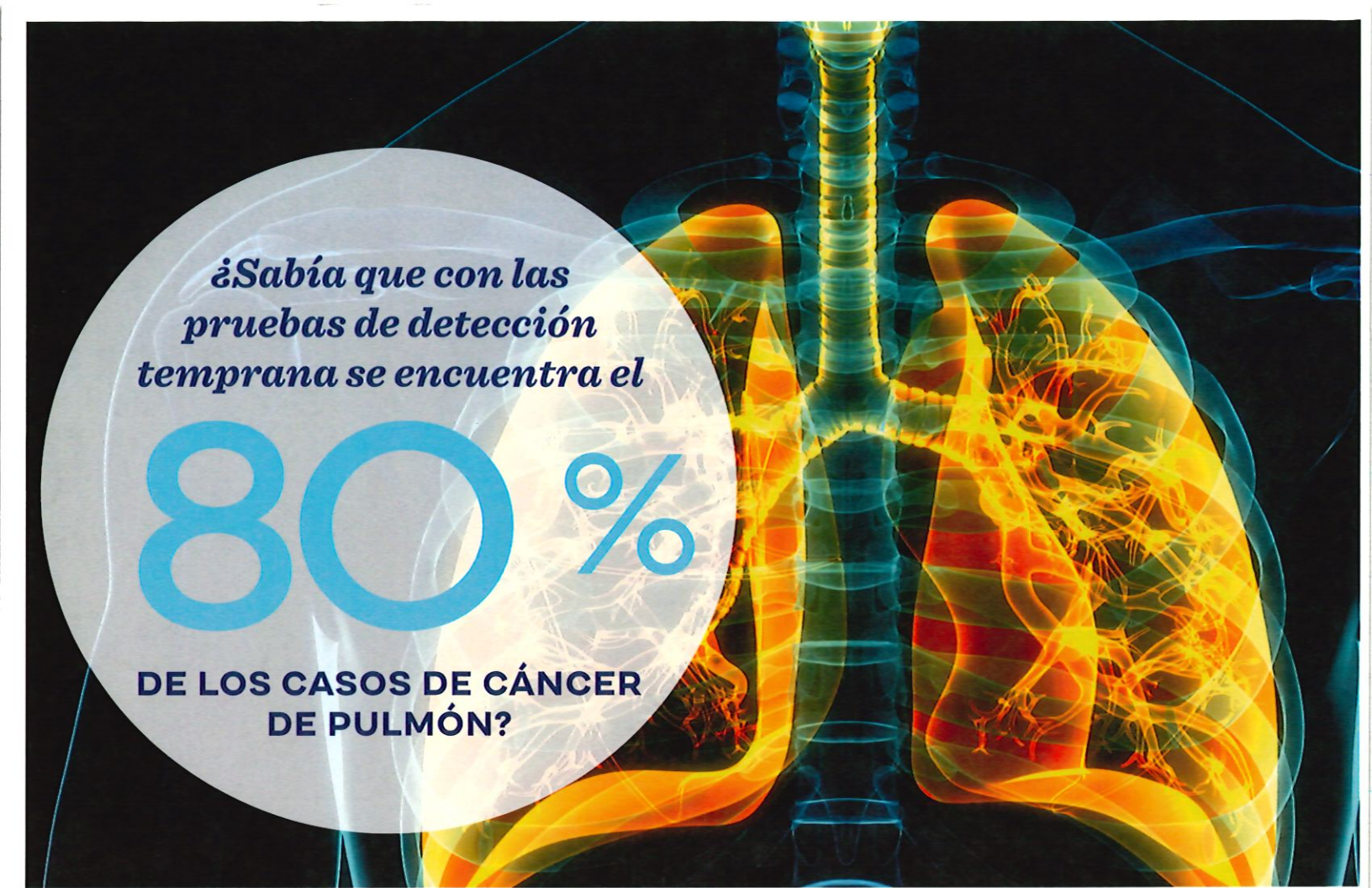
45%

more likely than other groups to die from colon cancer

Of those diagnosed

10%

are younger than 50 years old



¿Sabía que con las pruebas de detección temprana se encuentra el

80%

DE LOS CASOS DE CÁNCER DE PULMÓN?

Según la Red Nacional de Centros Oncológicos Integrales, si usted cumple estas condiciones:

- Tiene 50 años o más; y
- es fumador o exfumador cuyos antecedentes de tabaquismo sean de 20 años-cajetilla; y no tiene signos ni síntomas de cáncer de pulmón,

¡ES HORA DE HACERSE UNA PRUEBA DE DETECCIÓN TEMPRANA DEL CÁNCER DE PULMÓN!

La tomografía computarizada de dosis bajas para la detección temprana del cáncer de pulmón se caracteriza por los aspectos siguientes:

- Es la única prueba que se recomienda para detectar temprano el cáncer de pulmón.
- Medicare y la mayoría de los planes privados de seguro médico la cubren en el caso de los pacientes que cumplen ciertos criterios.
- Se tarda en hacer menos de un minuto y no hacen falta pinchazos ni preparativos.

Llame al 888-663-3488 para coordinar una cita. Si desea más información, envíe un correo electrónico a LungScreening@Moffitt.org o visite Moffitt.org/DetecciónTempranaCáncerdePulmón.

**Para determinar los años-cajetilla, multiplique el número de años durante los cuales fumó cigarrillos por el número promedio de cajetillas que fumaba al día.*

MY SCREENING PLAN

*All age recommendations are for individuals of average risk.
Please talk to your medical provider about when and which screenings are right for you.*



My first Pap Test is: _____
My last Pap Test was: _____
My next Pap Test should be: _____



My first Mammogram is: _____
My last Mammogram was: _____
My next Mammogram should be: _____



My first Colonoscopy is: _____
My last Colonoscopy was: _____
My next Colonoscopy should be: _____



My first Skin Screening is: _____
My last Skin Screening was: _____
My next Skin Screening should be: _____



My first Prostate Exam is: _____
My last Prostate Exam was: _____
My next Prostate Exam should be: _____



My first Lung Screening is: _____
My last Lung Screening was: _____
My next Lung Screening should be: _____



My last Hepatitis C screening was: _____
My next Hepatitis C screening should be: _____

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Detect cancer when it is most likely treatable.

To learn more about screenings performed at Moffitt, call 1-888-MOFFITT (663-3488) or visit Moffitt.org/Screenings





BREAST CANCER MYTHS & FACTS

1 out of 8 women will be diagnosed with breast cancer in her lifetime.

MYTH: You're not at risk if you don't have a family history.

FACT:

Over 75% of women do not have a family history. Inherited risk can come from a person's mother or father.

MYTH: Women over 70 do not need a mammogram.

FACT:

Women should continue screening as long as they are in good health. The chances of getting breast cancer increase as you get older.

MYTH: Most breast cancers happen due to BRCA1 and BRCA2 mutations.

FACT:

About 10% is inherited and only about half of those are caused by mutations in the BRCA1 and BRCA2 genes.

Talk to your medical professional about breast cancer risk factors such as your lifestyle, age, race/ethnicity and pregnancy history.

MYTH: Men don't get it.

FACT:

Although rare, an estimated 2,670 men will be diagnosed in 2019 (ACS)

MYTH: Mammograms give off too much radiation.

FACT:

The amount of radiation is regulated by the FDA and other agencies, and falls well within medical guidelines established to ensure patient safety.

Mammograms, a type of x-ray, are recommended for women of average risk beginning at age 40.

You may have to begin screening earlier if you are at higher risk.

There is no regular recommended preventative screening for born males.

What are the signs & symptoms for breast cancer?

Signs & symptoms for breast cancer can include (but are not limited to) a lump, a hard knot, swelling in the chest area, a sunken nipple, redness or scaling of the nipple area, unexpected discharge coming from the nipple, and pain. If you experience any signs or symptoms that are not normal for you, please seek the care of a medical professional immediately.

To learn more visit Moffitt.org/BreastCancerFacts

