

INSPIRING PEOPLE

Cancer Awareness and Prevention

The “C” Word

- Definition
- History
- Statistics (good/bad)
- Prevention
- Future

**“WHEN SOMEONE HAS CANCER, THE WHOLE
FAMILY AND EVERYONE WHO LOVES THEM
DOES, TOO.”**

TERRI CLARK

© Lifehack Quotes

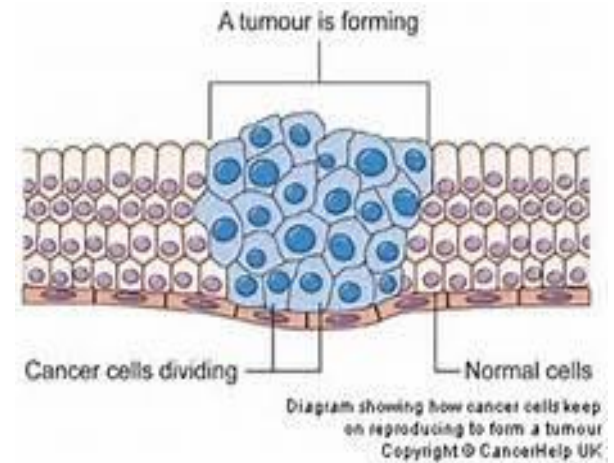
Definition of Cancer

- Cells in a part of the body start to grow ‘out of control’.
- Cancer cells can spread to other parts of the body through the blood and lymph systems.
- Cancer is not just one disease but many diseases. There are more than 100 different types of cancer.

History

- Found in skeletons as far back as 3000 BC...
bone tumors
- Hippocrates (father of medicine) called a tumor
: **carcinomas** (from the Greek word, crab)
- Galen (Greek physician) coined term '**Oncos**' :
swelling ... Tumor
- Cancer specialists: Oncologist

Cancer Cells



Statistics

- In 2016, an estimated 1.6 million new cases of Cancer will be diagnosed in the U.S. and 595,000 will die from it.
- Half of all men and one-third of all women in the U.S. will develop cancer during their lifetimes.
- ---good news up next!.....

To google or not to google...

Googling your symptoms when you don't feel well is the most efficient way to convince yourself you're dying.



The Good News

- Cancer death rate for men and women declined 20% since the 1990s.
- Rates have dropped dramatically for African American men aged 40-49 where cancer deaths dropped more than 50%.
- Due to early detection/prevention – rates of all cancers significantly lower

More Good News

The risk of developing most types of cancer can be reduced by changes in a person's lifestyle: **by quitting smoking, limiting time in the sun, being physically active, and eating a better diet**

*****Don't forget preventative screening*****

The sooner a cancer is found and treated, the better the chances are for living for many years.

Preventative Medicine



Most Common Diagnoses

- Most Common by Gender
 - Men: Prostate, Lung, Colon
 - Women: Breast, Lung, Colon

Risk Factors

- Age (the older we get the higher the chances)
- Tobacco
- Sunlight
- Family history of cancer
- Alcohol
- Poor diet, lack of physical activity, or being overweight
- Many of these risk factors can be avoided. Others, such as family history, cannot be avoided. People can help protect themselves by staying away from known risk factors whenever possible.

Stress and Cancer

- Link between stress and development of cancer. Studies emerging/growing field.
 - People under stress may:
 - smoke more, overeat, drink more alcohol – all risk factors for CA
 - Stress weakens the immune system
 - www.cancer.gov

Debunking Myths

Web MD

(proper noun)

Something that makes
a mild cold into a
deadly disease that will
kill you within the next
24 hours.

thatsthatthatmiceis.tumblr.com

Medical Myth vs Fact

Google University of Medicine

*This certifies that Dr. _____ on recommendation of
the faculty of the Google University of Medicine has conferred the degree of:*

Internet Doctor of Medicine

*Who has honorably fulfilled all the requirements prescribed by
the university for that degree.*



President _____
Director _____
Date _____

Debunking Myths

- Not everything causes cancer.....
 - Cancer is not caused by an injury, such as a bump or bruise.
 - Cancer is not contagious. Although being infected with certain viruses or bacteria may increase the risk of some types of cancer, no one can "catch" cancer from another person.
 - Having one or more risk factors does not mean that you will get cancer. Most people who have risk factors never develop cancer.
 - Some people are more sensitive than others to the known risk factors.

Growing Older

- The most important risk factor for cancer is growing older.
- Most cancers occur in people over the age of 65. But people of all ages, including children, can get cancer, too.
- Good news: 5+ year cancer survival rate on the rise. More people cancer free 20+ years.

Tobacco

- Most preventable cause of death
- Using tobacco products or regularly being around tobacco smoke (environmental or secondhand smoke) increases the risk of cancer.
- Smokers are more likely than nonsmokers to develop cancer of the lung, larynx (voice box), mouth, esophagus, bladder, kidney, throat, stomach, pancreas, cervix and skin.
- “Most destructive carcinogen known to man”(ACS)

Interested in Quitting?

- Resources: FREE !!!
 - www.marathon-health.com/myphr
 - www.smokefree.gov
 - National Cancer Institute's Quit Line
 - 1-877-44U-QUIT
- Don't Delay... Start TODAY!
~ You can Do it!

More Tobacco Cessation Resources

- www.ahectobacco.com/calendar
 - Select your county
- Cigna tobacco cessation program
 - call **1-855-246-1873** or
 - mycigna.com: select 'Myhealth' tab then 'program and resources' Select 'my health assistant.'

WebMD had me convinced I had oral cancer. In all actuality, my doctor said I poked myself with a tortilla chip. Thanks, WebMD.



your  cards
someecards.com

Ultraviolet (UV) radiation

- It is best to avoid the midday sun (from mid-morning to late afternoon) whenever possible. UV radiation can penetrate light clothing, windshields, and windows.
- Wear long sleeves, long pants, a hat with a wide brim, and sunglasses with lenses that absorb UV.
- Use sunscreen. Sunscreen may help prevent skin cancer, especially sunscreen with a sun protection factor (SPF) of at least 30.
- Stay away from sunlamps and tanning booths. They are no safer than sunlight.
- Dermatologist lecture/screening: June 2016 @ City Hall

Family History of Cancer

- It is uncommon for cancer to run in a family. However, certain types of cancer do occur more often in some families than in the rest of the population.
 - For example, *melanoma* and cancers of the breast, ovary, prostate, and colon sometimes run in families.

Alcohol

- Having more than two drinks each day for many years may increase the chance of developing cancers of the mouth, throat, esophagus, larynx, liver, and breast.
 - The risk increases with the amount of alcohol that a person drinks.
- Drink in moderation (no more than one drink per day for women and no more than two drinks per day for men.)

Poor diet, lack of physical activity, or being overweight

- High fat diets have an increased risk of cancers of the colon, uterus, and prostate.
- Lack of physical activity and being overweight are risk factors for cancers of the breast, colon, esophagus, kidney, and uterus.
- Choose a diet rich in fruits and vegetables.
- Having a healthy diet, being physically active, and maintaining a healthy weight may help reduce cancer risk.

Eat well:

- A healthy diet includes plenty of foods that are high in fiber, vitamins, and minerals.
 - This includes whole-grain breads and cereals and 5 to 9 servings of fruits and vegetables every day.
 - Also, a healthy diet means limiting foods high in fat (such as butter, whole milk, fried foods, and red meat).

Lifestyle Changes Video

- <https://fms.fortlauderdale.gov/?ShareToken=314CE0D81FFA6EB3970371D502CF5B95EA5E279F>
- We can all make a change

Be active and maintain a healthy weight:

- Physical activity can help control your weight and reduce body fat.
- 30 minutes a day/at least 5 days of the week.

Early Detection Saves Lives

- Some types of cancer can be found before they cause symptoms.
- Screening can help doctors find and treat some types of cancer early. Generally, cancer treatment is more effective when the disease is found early.
- Screening tests are used widely to check for cancers of the breast, cervix, colon, and rectum.

Routine Screening Exams

Cancer Type	Population	Test/Procedure	Frequency
Breast	Women over 20	Self Exam	Starting in early 20's
		Clinical Breast Exam	Annually, starting at age 20
		Mammogram	Ages 40-49, speak with your doctor, annually after age 50
Colorectal	Over 50	Colonoscopy	Every 10 years, starting at age 50
		Fecal Occult Blood Test	Annually, starting at age 50
Prostate	Men over 50	PSA with or without Digital Rectal Exam	Have a conversation with your provider after age 50
Cervical	Women over 18	Pap Test	Every 3 years, Starting by age 21

Visit the Marathon Health ePortal for more information www.marathon-health.com/myphr

Cervical Cancer

- Due to screening (pap): Cervical cancer death rate in the U.S. has dropped by over 70%!
- Start at age 21 (or 3 years after first intercourse if under 21)
- **No symptoms**
- After 3 consecutive normal pap smear, can extend frequency (up to 3 years)

Prostate Cancer

- 50 +..... for digital screen
- 50+ for PSA (Prostate Specific Antigen)
 - Details of PSA – goes up with age, with digital exam, intercourse
- If family history (start screening earlier..talk to your doctor about your history)
- Symptoms: difficult urinary stream, pain, blood in urine, sometimes... **no symptoms**

Breast Cancer

- Mammogram (ACS: 40-64; USPTF: 50-74)
 - Yearly
 - Best way to find cancer early in breast
 - Finds lesions up to 3 years before felt
- Self Breast Exam
- Clinician Exam
- Mammo-van services City Hall every October.
Health Ctr to obtain RX.

Breast Symptoms

- A lump or pain in the breast.
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin on the breast.
- Pulling in of the nipple or pain in the nipple area.
- Fluid other than breast milk from the nipple, especially blood.
- Change in size/shape of breast
- **Most times – no symptoms**

Colorectal Cancer

- Colonoscopy –Gold Standard.
- Start age 50 - sooner, if family history or symptomatic (blood, change in bowel habits or appearance)
- Most times – **no symptoms**
- Depending on results, repeat in 3-5 years (polyps found) or 10 years (normal)

City of Fort Lauderdale Preventative Screening

City's Cigna Medical Coverage

The following screenings are covered at 100% by the City's Cigna medical plans whether preventive or diagnostic:

- Prostate-specific antigen or PSA
- Colonoscopies
- Mammograms
- Cervical Cancer Screenings

If you have additional questions, please contact your Cigna Onsite Representative, Blossom Paravattil at 954.652.1306, visit www.myCigna.com or call Cigna Customer Service at 800-244.6224

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Future of Cancer



Future of Cancer

- Genomics
- Improving Technology
- Improving tests (blood, saliva, breath)

- www.ncbi.nlm.nih.org
- www.mskcc.org
- www.acs.org

EARLY DETECTION IS THE KEY!

- Even if no symptoms, have annual check up done.
- Be *AWARE* and be *IN-TUNE* with your body.
- Let your clinician know your symptoms.

Cancer Prevention Starts with You

- There are many things you can do to reduce your risk.
- Think about ONE thing you can today do to cut down your risk.

How We Can Help

- Schedule an appointment with your doctor to discuss any questions and concerns you may have regarding your risk for cancer.
- All preventative screening offered through Marathon Health & Wellness Center.

Resources and References

- American Cancer Society
 - www.cancer.org
- National Cancer Institute
 - www.cancer.gov

Questions

- Thank you for your time today.

*“Not everything that is
faced can be changed.
But nothing can be
changed until it is faced.”*

-James Baldwin