

# CANCER PREVENTION

Be sure to tell your physician or healthcare provider if you have had any type of cancer or if your mother, father, brother, sister or children have cancer.

- ✓ Don't use tobacco
- ✓ Get at least 30 minutes of physical activity on 5 or more days of the week
- ✓ Eat a healthy diet with plenty of fruits and vegetables
- ✓ Maintain a healthy weight
- ✓ Drink less alcohol, if you drink at all
- ✓ Protect yourself from the sun with an SPF (sun protection factor) of 15 or higher

---

Learn more about our approach to  
cancer prevention by visiting [www.sjo.org/cancer](http://www.sjo.org/cancer)

---



## Cancer Prevention and Detection

The medical experts at The Center for Cancer Prevention and Treatment at St. Joseph Hospital are dedicated to helping you identify cancer in its most curable stage, and sometimes prevent it. That is why they urge you to participate in the cancer screenings outlined in this brochure. By doing this you have taken an important step toward living a life free of cancer.



06/10.DV.10M.AC

The Center for  
Cancer Prevention and Treatment™

St. Joseph Hospital   
ST. JOSEPH  
HEALTH SYSTEM

1000 W. La Veta Ave. | Orange, CA 92868 | [www.sjo.org/cancer](http://www.sjo.org/cancer)

The Center for  
Cancer Prevention and Treatment™

St. Joseph Hospital   
ST. JOSEPH  
HEALTH SYSTEM

## Cancer Screening Guidelines

CANCER TYPE	WHO	WHEN TO START	HOW OFTEN	WHAT
<b>Breast Cancer</b>	Women*	20 – 40	Every 1-3 Years	<ul style="list-style-type: none"> <li>Exam of your breasts by a physician or healthcare provider</li> </ul> AND <ul style="list-style-type: none"> <li>Breast self-exam</li> </ul>
		Starting at age 40	Every Year	<ul style="list-style-type: none"> <li>Exam of your breasts by a physician or healthcare provider</li> </ul> AND <ul style="list-style-type: none"> <li>Mammogram (X-ray) of your breasts</li> </ul> AND <ul style="list-style-type: none"> <li>Breast self-exam</li> </ul>
<b>Cervical Cancer</b>	Women**	Begin by age 21 or three years after the onset of vaginal intercourse until age 30	Every Year  Every 2 Years	<ul style="list-style-type: none"> <li>Cervical cytology (Pap) smear</li> </ul> OR <ul style="list-style-type: none"> <li>Liquid-based cytology smears</li> </ul>
		30 – 70	Every 2-3 Years  Every 1-2 Years  Every 2-3 Years	<ul style="list-style-type: none"> <li>After 3 consecutive normal Pap tests</li> </ul> OR <ul style="list-style-type: none"> <li>If you have NOT had 3 consecutive normal Pap tests</li> <li>May add HPV high risk DNA testing</li> </ul>
<b>Prostate Cancer</b>	Men	Starting at age 40	Every Year  Every Year	<ul style="list-style-type: none"> <li>Start discussion with your physician, baseline PSA (prostate-specific antigen) and digital rectal exam (DRE)</li> <li>If African American or PSA &gt;1 or positive family history, PSA and DRE</li> <li>If PSA &lt;1, repeat PSA and DRE at 45</li> </ul>
<b>Colon and Rectal Cancer</b>	Men* & Women*	Starting at age 50	Every 10 Years  Every Year Every 5 Years  Every 5 Years	<ul style="list-style-type: none"> <li>Colonoscopy (preferred)</li> </ul> OR <ul style="list-style-type: none"> <li>Stool testing with or without Flexible Sigmoidoscopy</li> </ul> OR <ul style="list-style-type: none"> <li>Flexible Sigmoidoscopy</li> </ul>
<b>Other Cancers</b>	Women	Starting at age 20	Whenever you have your regular checkup	<ul style="list-style-type: none"> <li>Your physician or healthcare provider should check your thyroid gland, mouth, skin, lymph nodes and ovaries</li> </ul>
	Men	Starting at age 20	Whenever you have your regular checkup	<ul style="list-style-type: none"> <li>Your physician or healthcare provider should check your thyroid gland, mouth, skin, lymph nodes and testicles</li> </ul>

\* You may need to begin testing for colon or breast cancer earlier or be tested more often if you are more likely than other people to have these cancers. Talk to your physician about this.

\*\* If you have had a hysterectomy (your uterus and cervix have been removed), you may choose to stop having the Pap test, unless the surgery was for cancer.

Sources: American Cancer Society  
 The Center for Cancer Prevention and Treatment at St. Joseph Hospital  
 National Cancer Institute guidelines