

## Find it early: Get screened

### Why?

Screening can find cancer before symptoms develop. Screening increases chances of finding cancer at the earliest stage, when it can be treated most effectively. Consult with your doctor to make informed decisions.

- **Colorectal Cancer** For individuals at average risk, beginning at age 50, screening with either flexible sigmoidoscopy every 5 years and yearly stool testing for hidden blood (FOBT or FIT), or colonoscopy every 10 years following a normal exam.
- **Breast Cancer** Annual mammogram for women beginning at age 40. Clinical breast exam by your doctor once every 3 years for women younger than 40, and then annually.
- **Cervical Cancer** Screening with Pap tests every 2 years between ages 21 and 29; women age 30 and older who have had 3 consecutive negative Pap tests may be screened every 3 years.
- **Prostate Cancer** Men over age 50 should discuss benefits and limitations of screening with their doctor.
- **Oral Cancer** Be sure your dental hygienist gives you a complete exam for oral cancer. Notify your dentist or doctor of any painful areas, bleeding, or lumps/lesions in the mouth.
- **Skin Cancer** Regularly check your skin and be aware of changes. Make sure your annual checkup includes a fully-body skin check.
- **Talk with your doctor** about what is right for you.

## Prevention Programs in the **Community**

For information about cancer prevention approaches and community interventions, contact:

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Norris Cotton Cancer Center  
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## Norris Cotton Cancer Center

Dartmouth-Hitchcock Norris Cotton Cancer Center provides evidence-based care at 15 locations regionally. Through research, new treatments, clinical trials, prevention, and community outreach, we provide the highest level of innovative, compassionate care for our patients, and contribute to solving the problems of cancer worldwide.



Lebanon, Manchester, Keene, NH  
St. Johnsbury, VT  
800-638-6918  
cancer.dartmouth.edu



## Taking Steps

You can make  
a few healthy  
changes to  
**reduce your  
cancer risk**

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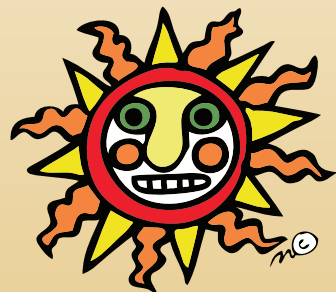


## Protect yourself from the **sun**

### Why?

Skin cancer is the most common form of cancer in the U.S. Reducing sun burns and exposure to UV radiation among children under age 18 can prevent 90% of skin cancers later in life.

- Limit sun exposure.
- Seek shade.
- Cover up! Wear hats and protective clothing.
- Apply sunscreen liberally, and use at least 15 SPF. Reapply frequently.
- Be sure your sunscreen blocks both UVA and UVB rays.
- Do not use indoor tanning beds.
- Wear UV-protective sunglasses.
- Teach children sun-protective behavior and keep reminding your teen.



Be SunSafe

#### Information resources:

→ <http://sunsafe.dartmouth.edu>



## Do not use **tobacco**

### Why?

Smoking causes 30% of all cancer deaths.

Tobacco contains 28 cancer-causing ingredients.

There is NO safe tobacco product.

- Set a good example; teach kids not to use tobacco.
- Set a date to quit if you use tobacco.
- If you don't use tobacco, don't start.
- Seek support if you want to quit.

#### Information resources:

- NH Quitline 1-800-TryToStop
- VT Quitline 1-877-YES-QUIT
- [www.dhmc.org/goto/quit\\_smoking](http://www.dhmc.org/goto/quit_smoking)
- [smokefree.gov](http://smokefree.gov)

## Maintain a **healthy weight** and be active

### Why?

Being overweight substantially raises your risk of uterine, breast, colon, kidney, and other cancers.

Regular exercise is linked to a lower risk of cancer.

- Eat a healthy diet with whole grains, lean protein, fruits, and vegetables.
- Reduce calories.
- Limit red meat and animal fat.
- Exercise for at least 30 minutes, most days of the week.
- Limit intake of alcohol to 1 drink per day for women and 2 drinks per day for men.

#### Information resources:

- [www.cancer.org](http://www.cancer.org)  
Search for: The Complete Guide—Nutrition and Physical Activity

