



APRIL 2009 TIP OF THE MONTH

A Tip from *The Benefits Expert*

Did you know... some cancers can be prevented through routine cancer screenings?

Many tests can help detect cancer early, and an early cancer diagnosis can have a major impact on treatment, recovery time and survivability. Talk to your health care professional about your family history and which screening tests you should have. Here are some helpful tips on when to see a doctor to help prevent the following cancers:

Breast Cancer – Annual mammogram at age 35-40, self/clinical exams monthly from age 21.

Cervical Cancer – Annual Pap test at age 21. The HPV vaccine may also help prevent cervical cancer.

Colorectal Cancer – Colonoscopy before symptoms, generally beginning at age 50.

Lung Cancer – No screening age has been established, but symptoms to watch for are: persistent cough, chest pain, weight loss, loss of appetite, chronic bronchitis or pneumonia.

Skin Cancer – Check your skin each month for suspicious growths: asymmetry, border irregularity, color that is not uniform, diameter greater than 6 mm (about the size of a pencil eraser), or evolving size, shape or color. If you discover a suspicious growth, see your physician.

Oral Cancer – Men are diagnosed with oral cancer more than twice as often as women. Be sure to see a dentist for regular exams.

Prostate Cancer – Men with a family history of prostate cancer are at greater risk. Screening can be done during routine check-ups with your doctor.

Testicular Cancer – Examined at routine check-ups with your doctor, monthly self-exams.

Visit your doctor to find out more. If you need to find a physician, your health insurance company's website will direct you to their providers:

[AvMed Health Plan](#)

[Blue Cross Blue Shield of Florida](#)

[United Health Care](#)