



The following cancer screening guidelines are recommended for those people at average risk for cancer (unless otherwise specified) and without any specific symptoms.

People who are at increased risk for certain cancers may need to follow a different screening schedule, such as starting at an earlier age or being screened more often. Those with symptoms that could be related to cancer should see their doctor right away.

### **Breast Cancer**

- Yearly mammograms are recommended starting at age 40.
- Clinical breast exam (CBE) should be part of a periodic health exam, every year for women 40 and older.
- Breast self-exam (BSE) is an option for women starting in their 20's; women should know how their breasts normally feel and report any breast change promptly to their health care providers.
- Women at increased risk should talk with their doctors about the benefits and limitations of starting mammography screening earlier, having additional tests (i.e. breast ultrasound and MRI).

### **Colon and Rectal Cancer**

- Beginning at age 50\*, both men and women should follow 1 of these 5 testing schedules:
- Yearly fecal occult blood test (FOBT)\* or fecal immunochemical test (FIT).
- Flexible sigmoidoscopy every 5 years.
- Colonoscopy every 10 years.
- All positive tests should be followed up with colonoscopy.



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# Healthy Advice

## Smoking: Health Benefits of Quitting

### Immediate benefits of quitting smoking

- Heart rate and blood pressure begin to return to normal.
- Within a few hours, the level of carbon monoxide in the blood declines. (Carbon monoxide reduces the blood's ability to carry oxygen.)
- Within a few weeks, people who quit smoking have improved circulation, produce less phlegm, and don't cough or wheeze as often.
- Within several months of quitting there is a substantial improvement in lung function.
- People who quit smoking will have an improved sense of smell and food will taste better.
- The health benefits for people with diabetes who stop smoking begin immediately. Diabetics who quit smoking have better control over their blood sugar levels.

### Long-term benefits of quitting smoking

- Quitting at age 30: Studies have shown that smokers who quit at about age 30 reduce their chance of dying prematurely from smoking-related diseases by more than 30%.
- Quitting at age 50: People who quit at about age 50 reduce their risk of dying prematurely by 50% compared with those who continue to smoke.
- Quitting at age 60: Even people who quit at about age 60 or older live longer than those who continue to smoke.

### Additional Benefits of quitting smoking

- Within 5 years of quitting, your chance of cancer of the mouth, throat, esophagus and bladder is cut in half.
- Secondhand smoke causes immediate harm to nonsmokers. Smoking around others increase their risk for smoking related health issues. By not smoking, you help protect your family, friends, and coworkers.
- Now is the time to quit smoking. No one can make you quit, and no one can do it for you. Even if you smoked for many years you CAN quit. For more information, go to [www.smokefree.gov](http://www.smokefree.gov) or call 1-800-QUIT-NOW.



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