

# Health Screening and Cancer

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What are your concerns as we age?

## Health screenings by age:

### AGE 18-39

- **Cervical cancer** - women every three years
- **Cholesterol** - once if normal
- **Flu vaccine** - annual
- **Wellness visit** - annual

### AGE 40-65

- **Blood Pressure** - every two years
- **Cervical cancer** - women every three years
- **Cholesterol** - once if normal
- **Colon cancer screening** - start at age 45
- **Flu vaccine** - annual
- **Mammogram** - women starting yearly at age 40
- **Shingles vaccine** - start at 50
- **Wellness visit** - annual

### AGE 65+

- **Blood pressure** - every two years
- **Cervical cancer** - women every three years
- **Cholesterol** - once if normal
- **Colon cancer screening** - start at age 45
- **Flu Vaccine** - annual
- **Mammogram** - women starting yearly at age 40
- **Pneumonia vaccine** - start at 65
- **Shingles vaccine** - start at 50
- **Wellness Visit** - annual

# Cancer screening timeline

F For individuals assigned female at birth

M For individuals assigned male at birth

21 years old

Have a discussion about when to start cervical cancer screening F

50 years old

Start breast cancer screening if you haven't started yet F

65 years old

Have a discussion about when to stop cancer screening

40 years old

Have a discussion on when to start breast cancer screening F

45 years old

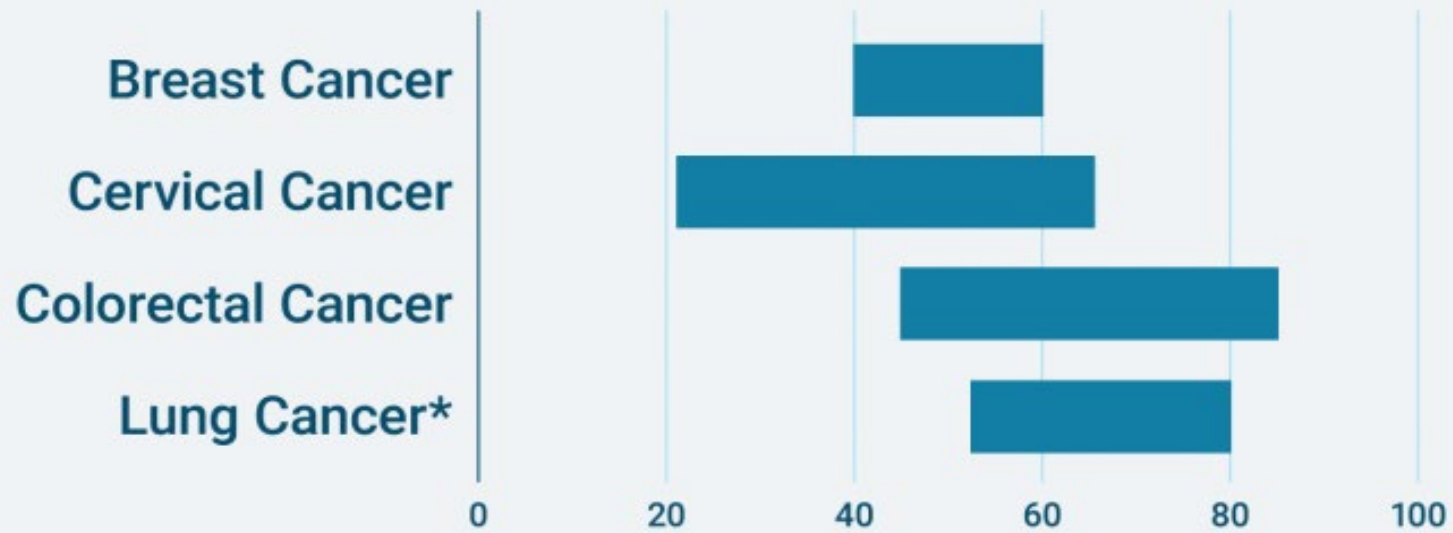
Have a discussion about colon cancer screening and consider starting

55 years old

Have a discussion about prostate cancer screening M



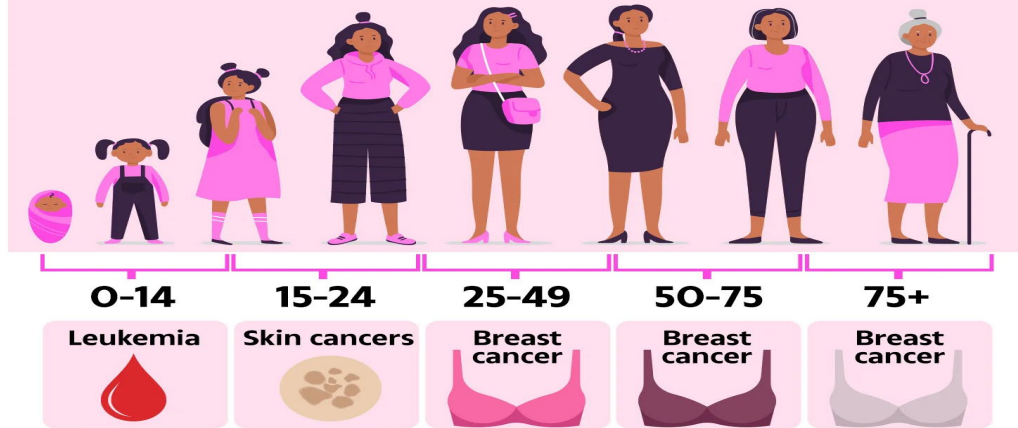
## When should I be screened for cancer?



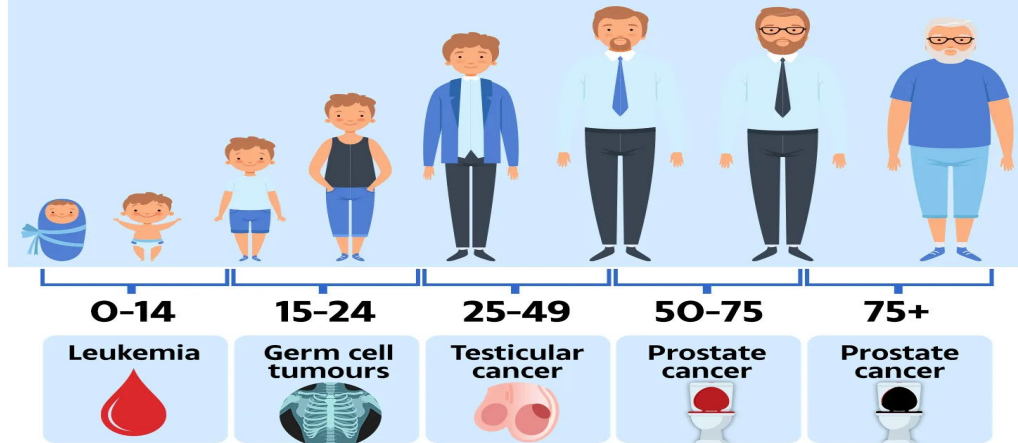
*\*Lung cancer screenings are only recommended for those with a history of heavy smoking within 15 years of testing.*

# THE TYPE OF CANCER YOU ARE MOST AT RISK OF AT EACH STAGE OF YOUR LIFE

## WOMEN



## MEN



# Which Screenings are we concerned about covering today?

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## Prostate Cancer

- Who does the screening?
- How is it done?
- What a few of the tests involved?
- What happens if it is (+)?

## Breast Cancer

- Who does the screening?
- How is it done?
- What are a few of the tests involved?
- What happens if it is (+)?

# Signs and symptoms

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- **Prostate Cancer**

- Interrupted or weak stream of urine
- Urine frequency
- Trouble urinating or painful
- Blood in urine or semen
- Pain in back or hips

- **Breast Cancer**

- Lump or lumps in breast/underarm
- Change in size or shape of breast
- Dimpling or puckering of skin
- A nipple turned inward
- Discharge from nipple/redness and scaly looking skin

# Diagnosis / screenings

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- **Prostate Cancer**

- DRE-digital rectal exam
- PSA, prostate specific antigen blood, increased amount in bloodstream if a problem/cancer
- Transrectal US. Used usually with the attainment of a biopsy to assess cells and tissue suspected of cancer.

- **Breast Cancer**

- A physical exam of the breast by a physician
- Mammogram/screenings to detect cancer before it is physically felt.
- US/MRI studies: detail of lumps/abnormalities
- Biopsy if necessary examine cells



# Possible Risk Factors

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- **Prostate Cancer**

- Family history or genes (inherited)
- Race/ethnicity. African American men seem to be more at risk
- Nationality: N. America, Asia, Africa, NE Europe, and Australia
- Diets high in dairy and red meats and lack of regular exercise.

- **Breast Cancer**

- Age and hormone replacement
- Family or personal history of breast cancer or prior radiation to chest
- Alcohol
- Being Caucasian
- Breast tissue that is dense

# Treatments in brief

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- **Prostate Cancer**

- Surgery: Prostatectomy by one of several means, including the TURP.
- High intensity ultrasound ablation (lower risk of side effects)
- Troubles with incontinence, erection/impotence.
- Radiation therapy, internal/external
- Hormone therapy: Blocks growth and development of cancer cells

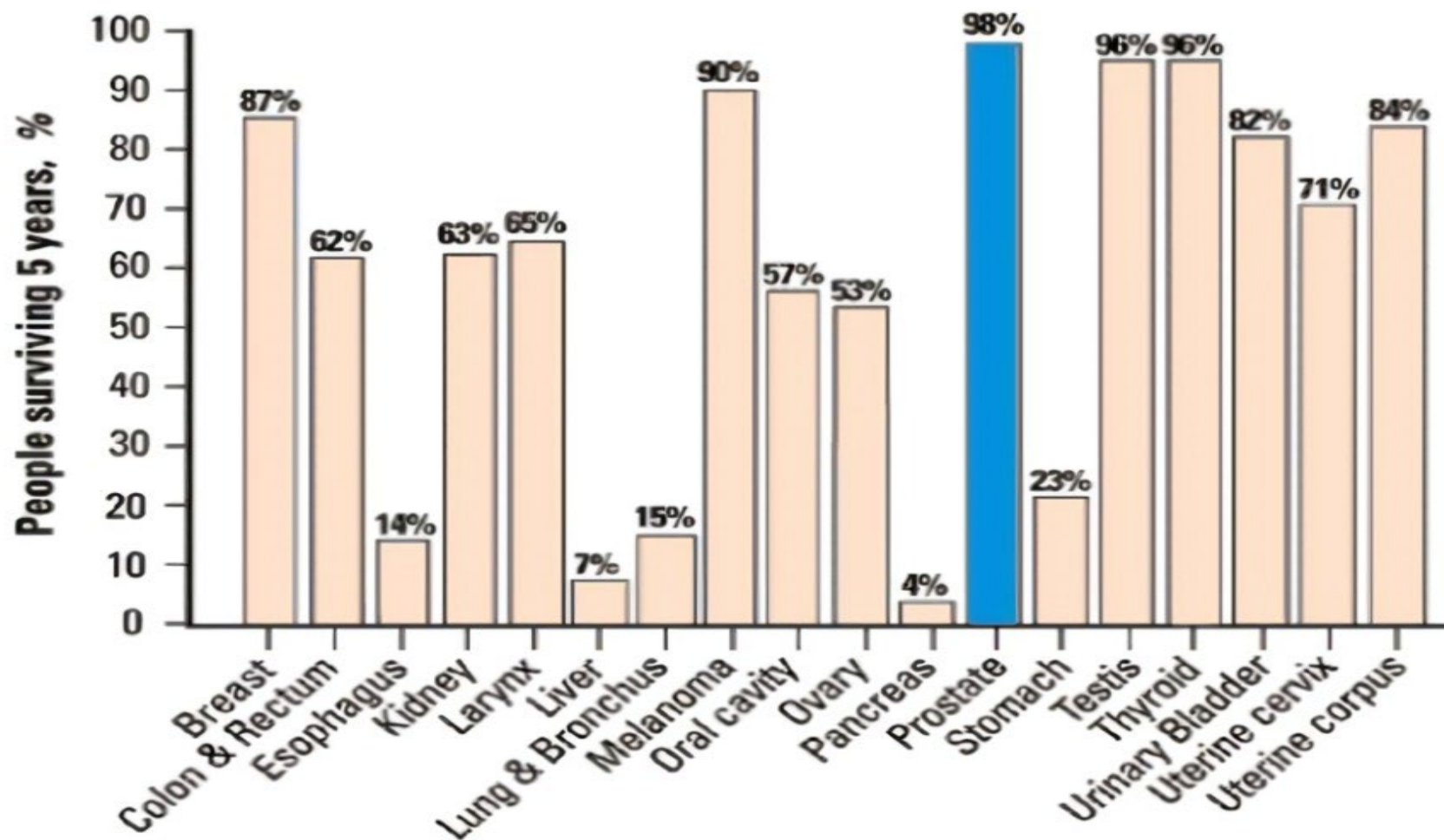
- **Breast Cancer**

- Lumpectomy, sparing most tissue
- **Total Mastectomy** (breast and lymph nodes) or **modified radical** (breast, lymph nodes, muscle tissue of the breast or chest wall)
- External/internal radiation therapy
- Chemotherapy: regional or systemic therapy that is intended to kill cancer cells
- Hormone therapies: intended to block the growth of cancer cells.

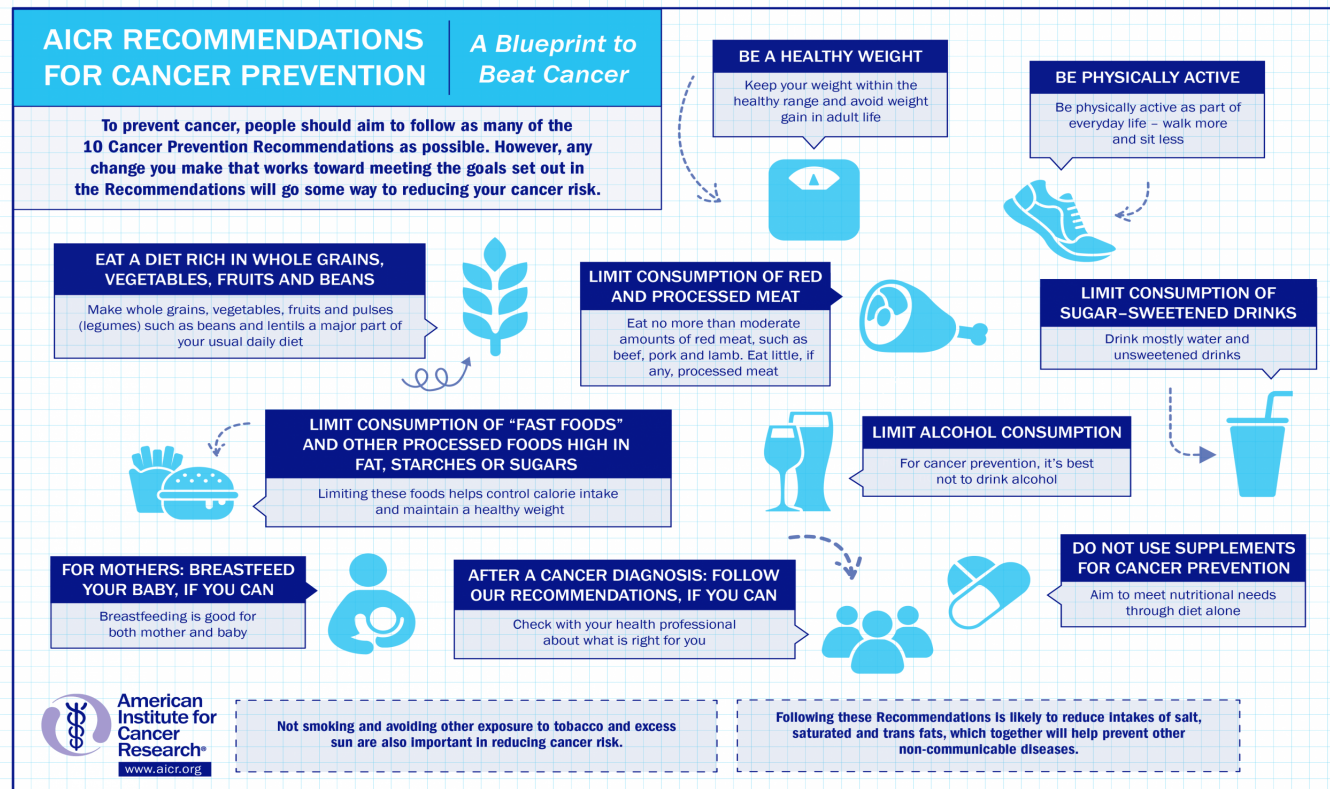
<b>AGE</b>	<b>PROBABILITY OF DEVELOPING PROSTATE CANCER</b>
Birth to 49	1 in 403
50 – 59	1 in 58
60 – 69	1 in 21
70 and Older	1 in 12
<b>Birth to Death</b>	<b>1 in 9</b>

Age	Probability of breast cancer Development in %*
Birth to 49	1.9 (1 in 52)
50 to 59	2.3 (1 in 43)
60 to 69	3.4 (1 in 29)
≥70	6.8 (1 in 16)
Birth to death	12.4 (1 in 8)

## survival rate for cancer prostate



# What are we to do?



# Questions??????

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- References: [Adult Cancer Care | UC Davis Comprehensive Cancer Center](#)
- American Cancer Society: [Information and Resources about Cancer: Breast, Colon, Lung, Prostate, Skin | American Cancer Society](#)
- American Institute of Cancer Research: [American Institute for Cancer Research - Prevention and Survivorship \(aicr.org\)](#)