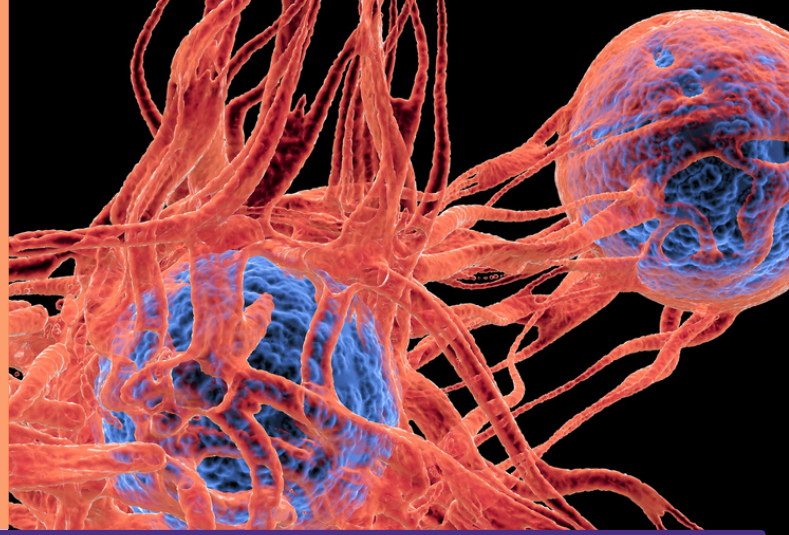




PROTECT YOURSELF FROM CANCER!



COMMON CANCERS



Breast Cancer

- Most common cancer among women worldwide
- Use mammograms to detect cancer before you feel a lump
- Check your breasts regularly! Look for changes in size, shape, lumps, or skin texture



Prostate Cancer

- 1 in 3 men over the age of 70 will develop prostate cancer
- Usually no symptoms in early stages, but may have problems with urination in the late stages
- A simple PSA blood test can help detect it early when it's easier to treat



Lung Cancer

- Leading cause of cancer death in both men and women
- Risk increases with smoking
- Symptoms include persistent cough, chest pain, shortness of breath, wheezing, and coughing up blood
- Low-dose CT scans can catch it early



Colon Cancer

- Often starts as polyps that can be removed before they turn cancerous
- Risk increases with age, family history, diet, and sedentary lifestyle
- Screenings like colonoscopies and stool tests are life-saving

WHY EARLY DETECTION MATTERS:
Early detection **increases** your chances of survival

FREE SCREENINGS IN HAWAII

Breast and Cervical Cancer

Hawai'i Breast and Cervical Cancer Control Program (BCCCP)

- Offers FREE breast and cervical cancer screenings to women who are uninsured or underinsured and meet age/income guidelines
- Services may include mammograms, Pap tests, diagnostic follow-up, and help enrolling in coverage if cancer is found
- 📍 Learn more or apply:
health.hawaii.gov/cancer/program-priorities/bcccp
- ☎ Call (808) 586-4488 for info

Skin Cancer

The University of Hawai'i's John A. Burns School of Medicine (JABSOM)

- Partners with local dermatologists to offer free skin cancer screening events throughout the year
- These events are open to the public and often focus on underserved communities or uninsured residents
- Email: skincheckvan@cc.hawaii.edu
- ☎ Call (808) 564-3809 for info



Explore Hawaii Comprehensive Cancer Control Program!

<https://health.hawaii.gov/cancer/>

Lung Cancer

The Queen's Medical Center

- Support for eligible individuals across all Hawaiian Islands
- Guidance through the screening process (CT scan, results, next steps, scheduling, paperwork, and follow-up)
- Assistance with transportation and financial barriers
- Culturally sensitive navigation services
- Call Queen's Imaging Department at (808) 691-7171 (Honolulu) and (808) 691-3663 (Ewa Beach) for more information

Healthy Behaviors to Prevent Cancer

Healthy Lifestyle Choices

- Avoid smoking and vaping (including secondhand smoke)
- Reduce consumption of alcohol
- Eat a balanced diet rich in fruits, vegetables, and whole grains
- Stay active with regular exercise
- Maintain a healthy weight

Preventing & Managing Infections

- Get vaccinated (HPV, Hepatitis B)
- Support your immune system with healthy living

Pay attention to changes in your body and seek medical attention if you notice anything unusual!

Family & Personal Health Awareness

- Know your family history of cancer
- Past cancer or pre-cancer diagnoses

Protecting Against Environmental Exposures

- Apply sunscreen daily and limit tanning bed use
- Limit exposure to air pollution when possible
- Follow safety guidelines if working with radiation or chemicals

Balanced Hormone Health

- Learn about menstrual health and how early periods or late menopause may affect risk

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