



CARTER FAMILY PRACTICE
MODERN MEDICINE, CLASSIC CARE

PREVENTIVE HEALTH SERIES FIELD NOTES

#4
OF 8

♥ Cancer Screening Can Save Lives



Many cancers don't cause symptoms in their early stages. Screening helps detect some cancers—or even precancerous changes—before they become more serious.

Early detection gives us more options and the best chance for successful treatment.



IMPORTANT SCREENINGS THAT HELP PROTECT YOUR HEALTH



COLON CANCER

Screening can detect precancerous polyps before they become cancer. Regular screening is one of the best ways to protect your colon and your health.



BREAST CANCER

Regular mammograms can detect breast cancer earlier, when treatment is often more successful and more treatment options may be available.



CERVICAL CANCER

Routine screening can identify abnormal cells before they develop into cervical cancer. It's a simple step that can make a big difference.



PROSTATE CANCER

Some men may benefit from screening based on their age, family history, and overall health. This is a decision best made together with your healthcare provider.



SKIN CANCER

Get to know your skin. If you notice a mole or spot that changes in size, color, or shape—or a sore that doesn't heal—have it evaluated.



SCREENING ISN'T ONE-SIZE-FITS-ALL.

Your age. Your family history. Your medical history. Your lifestyle. All help determine which screenings are right for you and when you should have them.

We'll create a plan together that fits you.



DON'T IGNORE THESE WARNING SIGNS

Even if you're up to date on your screenings, talk with your healthcare provider if you notice:

- Unexplained weight loss
- Blood in your stool or urine
- A lump that doesn't go away
- A persistent cough or hoarseness
- A mole or skin spot that's changing
- Unusual bleeding

Screening helps us look for problems before symptoms begin—but new or concerning symptoms should always be evaluated, even if your screenings are up to date.

QUESTIONS FOR KAREN

- ? Which cancer screenings are recommended for me?
- ? Does my family history change when I should be screened?
- ? Are there any symptoms I should never ignore?

Karen's Corner

One of the most important conversations we have during preventive visits is making sure you're up to date on the screenings that fit your age, health history, and family history. Screening isn't about expecting something to be wrong—it's about giving ourselves the best chance to find problems early, when they're often easier to treat.

My goal is to help you make informed decisions that are right for you.

We're here to help!



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