

NEWS RELEASE

Branch-Hillsdale-St. Joseph Community Health Agency
For Immediate Release

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CANCER DETECTION GUIDELINES

The month of April is nationally recognized by the American Cancer Society (ACS) as Cancer Control Month. The Branch-Hillsdale-St. Joseph Community Health Agency would like to remind people who are at average risk of cancer to follow the various cancer screening detection guidelines as recommended by the ACS. According to the ACS, people who are at an increased risk for certain cancers may need to follow a special screening schedule as recommended by their doctor.

The ACS believes that early detection through regular self or physical examinations and x-ray or laboratory testing, can help save lives and reduce suffering from various forms of cancer such as breast, colon, rectum, cervical, prostate, testicle, oral and skin cancer. In many cases, a combination of regular examinations and testing is the most effective strategy for the early detection of cancer.

Listed below are three common forms of cancer and a brief listing of their recommend screening guidelines.

Breast Cancer:

- yearly mammograms starting at age 40
- clinical breast exams (CBE) about every 3 years for women in their 20's and 30's, and every year for women over 40
- optional breast self exams (BSE) for women starting in their 20's

Colon and Rectal Cancer: Beginning at age 50, both men and women should follow one of the following five testing schedules:

- Yearly fecal occult blood test (FOBT) or fecal immunochemical test (FIT)
- Flexible sigmoidoscopy every 5 years
- Double contrast barium enema every 5 years
- Colonoscopy every 10 years

Prostate:

- Beginning at age 50, both the prostate-specific antigen (PSA) blood test and digital rectal examination (DRE) should be offered annually.
- Men at high risk should begin at the age of 45.

Remember, people who are at an increased risk of cancer, such as family history, genetic tendency, previous history of cancer or any other risk factors as stated by your doctor, may need to follow special cancer screening detection guidelines.

For more information about cancer screening detection guidelines, contact the American Cancer Society at www.acs.org or the Branch-Hillsdale-St Joseph Community Health Agency at one of our four locations: Coldwater (517) 279-9561, Hillsdale (517) 437-7395, Sturgis (269) 659-4013, or Three Rivers (269) 273-2161 or visit our website at www.bhsj.org.

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