Three steps to prevent or detect cancer

Get screened regularly

The most common types of cancer the public are breast cancer in women, prostate cancer in men, colorectal cancer, lung cancer, and skin cancer. These cancers can be detected successfully if caught early.

Screening tests are available and vary depending on the type of cancer. Generally, screening tests are done in offices or clinics, and they may be done at home. For example, breast cancer screening may include tests such as mammograms, breast self-exams, and blood tests.

PA Department of Health Early Detection Program

https://www.health.pa.gov/topics/preprevent.cfm

Prevent Cancer Foundation

https://www.preventcancer.org

The American Cancer Society recommends the following screening tests for different cancers:

- Breast cancer: Mammograms every 1-2 years for women age 50-74; for women age 40-49, it is recommended to talk with a doctor about the benefits and risks of mammography.
- Prostate cancer: PSA test and digital rectal exam (DRE) every 2 years for men age 50-74, and every year for men age 55 and older. For men age 40-49, it is recommended to talk with a doctor about the benefits and risks of screening.
- Colorectal cancer: Fecal occult blood test (FOBT) every 1-2 years for men and women age 50-74; sigmoidoscopy or colonoscopy every 5-10 years for men and women age 50-74.
- Lung cancer: Annual low-dose CT scan for men and women age 50-79 who have a smoking history of at least 20 pack-years and have lived in an area with high lung cancer rates.

However, if you have a family history or other risk factors for a particular cancer, you may need to start screening at an earlier age.

Do you know your risk for any of these cancers? Take the following quiz to find out.

The quiz is designed to help you identify if you are at risk for any of the common types of cancer. It will ask you questions about your personal and family history, lifestyle, and other factors that may increase your risk.

If you think you are at risk for any of these cancers, talk to your doctor about the best screening tests for you.

More Healthfully Diet & Exercise

Small lifestyle changes can have a big impact on your health. For example, if you are overweight, lose 10 pounds slowly by reducing food labels and choosing foods that are low in added sugar and fat and high in protein. If there’s a safe place for you to walk, take a leisurely stroll for 10 minutes a day. For example, if you are overweight, lose 10 pounds slowly by reducing food labels and choosing foods that are low in added sugar and fat and high in protein. If there’s a safe place for you to walk, take a leisurely stroll for 10 minutes a day.

Dr. Hyatt Bull, Associate Professor of Medicine in Pitt's Palliative Care Research Center

The goal is to create a cancer care plan that’s specific to the person, and you should ask for it. She explains that the plan must value the individual’s experience and include teamwork between the doctor and the patient. She adds that Black people may feel the most type of benefit.

Dr. Bull uses diabetes and cancer pain management as examples. Her work seeks to understand how race, biases and negative stereotypes result in low access to pain management. Sigmam studies prescription opioids, study, or “pain management” in the past two years compared to 37% of insured women.

Where Black Americans live a factor, but so are low-income neighborhoods. People are more likely to receive referrals, a type of treatment that helps reduce pain, and air pollution, which can increase the risk of cancer.

Black Americans experience less insurance and shorter survival rates than White and non-Hispanic Americans.

Black people have higher blood pressure, diabetes, obesity, and low income, which are some things as important as health and wellness. Black people are more likely to go untreated because of a lack of access to care.

The more research shows that Black people are underrepresented in clinical trials compared to other racial/ethnic groups. According to the American Institute of Medical Research, there’s a 16% of participants in cancer treatment trials are Black.

That means doctors that may not have as deep an understanding of how cancer cells behave in Black versus White people. For example, finding out that there’s a difference in how White women versus Black women respond to treatment.

When it comes to cancer treatment, Black people are sometimes treated unfairly by nonblack doctors. Why? There are many reasons, but some of the most common include:

1. Lack of understanding of how can cancer treatment affects Black people.
2. Lack of trust in doctors.
3. Lack of access to clinical trials.
4. Lack of understanding of how Black people respond to treatment.

It’s crucial that Black people are involved in their own care and treatment. They need to be represented fairly and accurately in all stages of research and treatment.

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by Dr. Cynthia C. Carter

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