Cancer Awareness and Screening

An estimated two-thirds of all cancers are preventable. According to the National Cancer Institute, cancer is the second leading cause of death in the United States. Information and education are key to cancer prevention, early detection and to sound decision making about treatment options.

Breast Cancer Screening

Breast cancer screening means checking a woman’s breasts for cancer before there are signs or symptoms of the disease. All women need to be informed by their health care provider about the best screening options for them. Although breast cancer screening cannot prevent breast cancer, it can help find breast cancer early, when it is easier to treat. Talk to your doctor about which breast cancer screening tests are right for you, and when you should have them.

When should you get screened?

Women ages 40 to 44 should have the choice to start annual breast cancer screening with mammograms (x-rays of the breast) if they wish to do so.

Women age 45 to 54 should get mammograms every year.

Women 55 and older should switch to mammograms every 2 years, or can continue yearly screening.

Women should also know how their breasts normally look and feel and report any breast changes to a health care provider right away.

Prostate Cancer

Prostate cancer affects the prostate gland, the gland that produces some of the fluid in semen and plays a role in urine control in men. The prostate gland is located below the bladder and in front of the rectum. In the United States, it is the most common cancer in men, but it is also treatable if found in the early stages. In 2017, the American Cancer Society predicts that there will be around 161,360 new diagnoses of prostate cancer, and that around 26,730 fatalities will occur because of it. Regular testing is crucial as the cancer needs to be diagnosed before metastasis.

Prostate Screening

Prostate cancer screening can help identify cancer early on, when treatment is most effective. And a normal PSA test, combined with a digital rectal exam, can help reassure you that it's unlikely you have prostate cancer. But getting a PSA test for prostate cancer may not be necessary for some men, especially men 70 and older.

Professional organizations vary in their recommendations about who should — and who shouldn’t — get a PSA screening test. While some have definitive guidelines, others leave the decision up to men and their doctors. Organizations that do recommend PSA screening generally encourage the test in men between the ages of 50 and 70, and in men with an increased risk of prostate cancer.

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