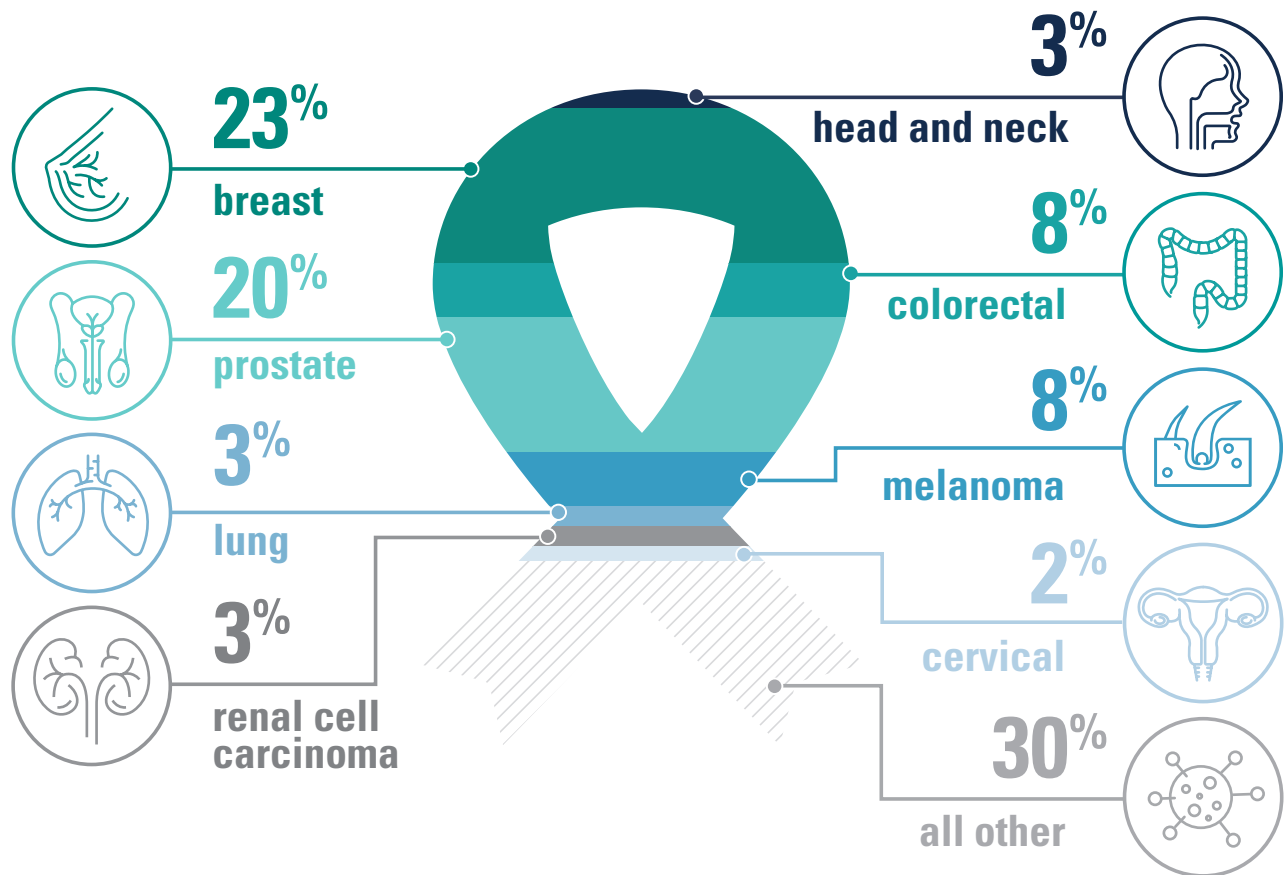


# Screening for Cancer Is Important to Your Health

## Common cancers in the United States



In 2019  ~16 million people in the United States had cancer\*

\*According to 2019 estimates by the SEER (Surveillance, Epidemiology, and End Results) Program.

## The role of cancer screenings

Cancer screening is an important part of preventive care. Screening may lower the number of people who are diagnosed with and die from cancer.

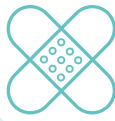
Cancer screening may **improve survival rates** by finding cancer at an early stage when it may be more easily treated.

## Many factors could increase the risk of getting cancer

Some of those risk factors are:

- Older age
- Chronic inflammation
- Weak immune system
- Too much sunlight
- Alcohol use
- Poor diet
- Obesity
- Tobacco use
- Exposure to cancer-causing substances
- Hormones
- Exposure to radiation

## Possible signs of cancer to talk about with your doctor

|                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|  |  |  |  |  |  |  |
| <b>C</b>                                                                          | <b>A</b>                                                                          | <b>U</b>                                                                          | <b>T</b>                                                                          | <b>I</b>                                                                           | <b>O</b>                                                                            | <b>N</b>                                                                            |
| <b>Change</b><br>in bowel<br>or bladder<br>habits                                 | <b>A</b><br>sore that<br>does not<br>heal                                         | <b>Unusual</b><br>bleeding or<br>discharge                                        | <b>Thickening</b><br>or lump<br>in the<br>breast or<br>elsewhere                  | <b>Indigestion</b><br>or<br>difficulty in<br>swallowing                            | <b>Obvious</b><br>change in<br>a wart or<br>mole                                    | <b>Nagging</b><br>cough or<br>hoarseness                                            |



Talk to your health care provider about which cancer screenings may be right for you.

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