

McLaren Print System Order

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 4100 John R
 Detroit, MI 48201

Brochures
 Quantity: 200
 Paragon Dept No: 12710
 Dept Name: Development
 Company Number: 460

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Item Number: KCI-048
 Item Description: Womens Health Screening Brochure
 Revision Date: 1/2020
 Print:
 Paper:
 Size:
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 Poster:
 Misc Info: ds, color; bleed; bi-fold; 80# cover; finished size 8.5x11

SKIN CANCER SCREENING

WHO: Adult women with fair skin and light-colored hair, and a history of sunburns or tanning bed use, are at a higher risk of skin cancer. However, any woman can get skin cancer.

WHAT: Monthly self skin exam for self awareness and an annual full body skin exam as part of a routine physical exam by a health care provider.

WHY: Skin cancer is the most common type of cancer. Cases of skin cancer are increasing in women in their 20s or 30s. Melanoma is the deadliest form of skin cancer, and can appear anywhere on the body. Watch for moles that change in size, shape or color or new moles and skin spots.

PROMOTING CANCER AWARENESS & EARLY DETECTION

Cancer is the most curable in its early stages. At the Barbara Ann Karmanos Cancer Institute, we know that routine screenings save lives every day. Advocate for your health and talk with a health care professional to make an informed decision on which screenings are right for you.

WOMEN'S CANCER SCREENINGS BY AGE (FOR WOMEN AT AVERAGE RISK)

BEGINNING AT AGE 18

- Become familiar with the look and feel of your breasts. Report any unusual lumps or changes to your health care professional right away.
- Pap test every three years, from age 21-29.
- Pap test and human papillomavirus (HPV) testing from age 30-65.
- Monthly skin self-exam and an annual full body skin exam as part of a routine physical.

40+

Following guidelines for previous age group, plus:

- Mammograms, as recommended by a health care professional.
- Annual Fecal Occult Blood Test (FOBT) for colorectal cancer and either a flexible sigmoidoscopy every five years or a colonoscopy every 10 years.

50+

Follow guidelines for previous age group, plus:

- Annual Fecal Occult Blood Test (FOBT) for colorectal cancer and either a flexible sigmoidoscopy every five years or a colonoscopy every 10 years.

TIPS FOR PREVENTING CANCER & TAKING CONTROL OF YOUR HEALTH:

- Avoid all types of tobacco products
- Protect your skin from the sun
- Limit the amount of alcohol you drink
- Make regular exercise part of your daily routine
- Maintain a healthy weight throughout your lifetime
- Eat a healthy diet with plenty of fruits and vegetables each day
- Limit your consumption of red and processed meats
- Get vaccinated for Hepatitis B and Human Papillomavirus (HPV)
- Know your family medical history and talk to your physician about genetic counseling
- Get regular check-ups and cancer screening tests

FOR MORE INFORMATION

To make an appointment, please call 1-800-KARMANOS (1-800-627-6246) or visit karmanos.org. Reliable information is also available from the following sources:

- American Cancer Society (1-800-4-A-CANCER) www.cancer.org
- National Cancer Institute (1-800-4-CANCER) www.cancer.gov

*This information is intended to serve as a guideline only. Screening needs vary for each individual depending on your overall cancer risk. Please consult with a health care professional to decide which screenings are right for you and to make an informed decision.

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