



Prevention Checklist for Women

A lot of progress has been made in cancer research, but we still don't understand exactly what causes most cancers. We do know that many factors put us at higher risk for different cancers. Some of these factors are beyond our control, but there are others that we can do something about. Today there are tests that can help us detect some cancers in their earliest stages, when they are still small, have not spread, and are easiest to treat.

Here is some information about the most common cancers in women. The first column shows what can increase your risk (risk factors). The second column shows how you may be able to lower this risk. The early detection column shows ways to find the cancer early, when it's most easily and successfully treated. The last column on each sheet is for you to write down your own plan to help reduce your risk or detect cancer early.

It's important to know that some factors may place you at higher risk than others, and some actions may lower your risk more than others. Also, many cancers develop without any known risk factors present. For a more complete explanation of cancer risk factors, visit our Web site at www.cancer.org, or call us any time, day or night, at 1-800-227-2345. If you have risk factors or haven't had your early detection tests when they were due, please take this worksheet and talk to your doctor about it.

Cancer-related check-ups

The American Cancer Society recommends that after age 20 all women get cancer-related check-ups as part of general health visits. This check-up should include health counseling and might include looking for cancers of the skin, thyroid, mouth, lymph nodes, and ovaries, as well as for some diseases other than cancer.

Special tests for certain cancers are recommended as outlined on the worksheets.

Endometrial cancer

Risk factors	Risk reduction	Early detection	Your action plan:
<ul style="list-style-type: none"> <input type="checkbox"/> Do you or does anyone in your family have hereditary nonpolyposis colorectal cancer (HNPCC), also called Lynch syndrome? <input type="checkbox"/> Are you over age 40? <input type="checkbox"/> Did you begin menstruating before age 12, or go through menopause after age 55? <input type="checkbox"/> Do you have a history of infertility or never giving birth? <input type="checkbox"/> Are you obese (very overweight)? <input type="checkbox"/> Do you have diabetes? <input type="checkbox"/> Have you taken tamoxifen or long-term estrogen replacement therapy <i>without progesterone</i> (if you still have your uterus)? <input type="checkbox"/> Have you had breast or ovarian cancer? <input type="checkbox"/> Have you had radiation therapy to your pelvis? <p>For more information on risk factors, read What are the risk factors for endometrial cancer? on www.cancer.org.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Talk with a doctor about the risks and benefits of hormone therapy for your specific situation. <input type="checkbox"/> Get to and stay at a healthy weight. <input type="checkbox"/> If you are taking hormone therapy for symptoms of menopause and you still have your uterus, talk with your doctor about using estrogen <i>with progestin</i> rather than estrogen alone. <input type="checkbox"/> If you think you may be at higher risk, talk with a doctor about other ways to reduce your risk. <p>For more information on reducing your risk, read Can endometrial cancer be prevented? on www.cancer.org.</p>	<p>At this time, there are no screening tests or exams to find endometrial cancer early in women who are at average endometrial cancer risk and have no symptoms.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Talk with a doctor, especially at the time of menopause, about the risks and symptoms of endometrial cancer. <input type="checkbox"/> Watch for any abnormal vaginal bleeding or spotting, or any bleeding after menopause, and report it to a doctor right away. <input type="checkbox"/> If you have or are at risk for HNPCC, consider yearly testing with endometrial biopsy beginning when you are 35. <p>For more information on early detection, Can endometrial cancer be found early? on www.cancer.org.</p>	<p>Steps to lower your risk:</p> <p>Early detection:</p>

Ovarian cancer

Risk factors	Risk reduction	Early detection	Your action plan:
<ul style="list-style-type: none"> <input type="checkbox"/> Are you older than 40? <input type="checkbox"/> Have you already gone through menopause? <input type="checkbox"/> Are you obese (very overweight)? <input type="checkbox"/> Do you have no children? <input type="checkbox"/> Has your mother, sister, or daughter had ovarian or breast cancer? <input type="checkbox"/> Has one of your parents, siblings, or children had colorectal cancer? <input type="checkbox"/> Do you or does anyone in your family have hereditary nonpolyposis colorectal cancer (HNPCC, also called Lynch syndrome), or are you at risk for HNPCC? <input type="checkbox"/> Do you or does anyone in your family have a BRCA gene mutation? <input type="checkbox"/> Have you had breast cancer? <input type="checkbox"/> Have you been on estrogen replacement therapy <i>without progesterone</i> for more than 5 years? <p>For more information on risk factors, read What are the risk factors for ovarian cancer? on www.cancer.org.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Use oral contraceptives for several years. <input type="checkbox"/> Talk with your doctor about the risks and benefits of hormone replacement therapy for your specific situation. <input type="checkbox"/> Talk with your doctor about having your ovaries removed, if you are at high risk. (This surgery causes sudden menopause.) <p>For more information on reducing your risk, read Can ovarian cancer be prevented? on www.cancer.org.</p>	<p>There are no effective and proven screening tests for early detection of ovarian cancer, but there are things you can do.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Watching for and reporting signs and symptoms may allow earlier detection. Although all these symptoms can have other causes, see a doctor if you have these almost daily for more than a few weeks: <ul style="list-style-type: none"> ▪ Bloating ▪ Pain in the pelvis or belly ▪ Trouble eating or feeling full quickly ▪ Urinary urgency or frequency <input type="checkbox"/> If your mother, sister, or daughter has had ovarian cancer or breast cancer, or if your parent, sibling, or child has had colorectal cancer, you are at high risk of ovarian cancer. If you have had breast cancer, you are also at high risk. You might want to talk to your doctor about: <ul style="list-style-type: none"> ▪ Pelvic exams ▪ Pelvic ultrasound ▪ CA-125 blood test <p>For more information, read Can ovarian cancer be found early? on www.cancer.org.</p>	<p>Steps to lower your risk:</p> <p>Early detection:</p>

