

Early Detection Saves Lives!



Get tested regularly.

Get cancer screenings regularly – even if no one in your family has had cancer and even if you have no symptoms and you are feeling fine. Talk to your doctor about which tests are right for you.

Cancer in the African American Community

Great news! Cancer is not a death sentence and can be treated when found early. The likelihood of surviving cancer has more than doubled for African Americans since the 1960s. But there is still more work to do. The more common cancers in African Americans are lung cancer, prostate cancer, breast cancer, and colon cancer.

What can you do?

- Don't smoke, but if you do – quit. Double your chances of quitting for good. Call the American Cancer Society at 1-800-QUIT NOW (1-800-784-8669) to speak with someone who can help.
- Talk to your doctor about your family history of cancer.
- Get regular cancer screening tests.
- Get active, because physical activity cuts your risk of some cancers and improves your overall health.
- Maintain a healthy weight, because obesity raises the risk of many cancers, and it also raises your risk for diabetes, heart disease, and stroke.

Get informed.

Knowledge helps save lives!

- Deaths from cervical cancer have decreased by 70% since the introduction of the Pap test!
- Colorectal cancer is one of the most preventable cancers – so get tested.
- More than 2 million men who have had prostate cancer are alive today!
- When found in its earliest stages, most women can beat breast cancer. Getting a mammogram every year can help women find breast cancer early.

Get checked.

Early detection saves lives!

- Men and women 50 years old and older should get tested regularly for colon cancer.
- African American men age 45 and older should talk to their doctors about the benefits and limitations of testing for prostate cancer.
- Women 40 years old and older should get a mammogram each year.
- Women should begin cervical cancer testing by the age of 21.

Get in touch.

We save lives by helping you stay well, helping you get well, by finding cures, and by fighting back.

Contact the American Cancer Society 24 hours a day, seven days a week, to learn more at 1-800-227-2345 or www.cancer.org.



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