

# Tips to lower your cancer risk



Living a healthy lifestyle and “doing everything right” can help reduce your risk of cancer. However, it is still best practice to get screened even if you don’t have any signs of cancer.

Specific cancer prevention exams can spot signs before you notice them. Finding cancer at an early stage where it’s more treatable gives you a better chance to stop it before it spreads. Each type of cancer has its own test but some can’t be screened for yet.

## Here are some of the common exams to detect cancer:

- **Colon cancer.** Your colon is part of your digestive tract. Starting at age 50, both men and women should get checked for polyps. Polyps are small growths of extra tissue and are often not cancerous. However, they can turn into cancer over time. It’s best to remove any polyps found by a screening. Talk with your doctor about which exam is best for you.
- **Breast cancer.** This is the most common cancer for women. Women age 40 and older should get checked every 1-2 years. Women with a high risk medical or family history may need to start sooner. The test is called a mammogram. It is an X-ray of the breast. Regular testing can increase your chance of finding the cancer early and starting a treatment plan. Men with a family history of breast cancer should talk with their doctor about detection exams.
- **Cervical cancer.** Women need a Pap test every 3 years from age 21-30. After that, a Pap test and HPV test can be conducted every 5 years. A Pap test looks for HPV and cervical cancer. HPV is the most common virus spread by sex. At least half of all men and women will be diagnosed with it sometime in their lives. HPV raises the risk of cancer for both men and women and may take years to form.
- **Prostate cancer.** As the most common type of cancer for men. It is estimated that 1 in 7 men will get it at some point in their lifetime. All men over age 50 should talk with their doctor about which test is best for them. Men at high risk should begin talking with their doctor at age 40.
- **Other cancer screenings.** Your doctor may want to check you for other cancers based on your age, sex and family history. Other common cancer checks include lung, thyroid, mouth, skin, lymph nodes, testes and ovaries. These are usually recommended annually for every over age 40.

Source: [Wellsuite.com](https://www.wellsuite.com)



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