

> Cancer awareness



Frequently asked questions

Is there a link between red meat and cancer?

Many studies have been done that link meat and cancer? They have found that people who eat a lot of red and processed meats have a higher risk of cancer. These meats include beef, lamb, pork, goat, liver, hot dogs, bacon, sausage, corned beef and cold cuts. A serving of meat is 3 ounces. People who eat 4+ ounces a day have a higher risk of cancer.

How do I know which cancer screenings I need?

Talk with your doctor about your family history. Some screenings are based on your age but if there is a family history of cancer your doctor may request your screenings begin earlier. Check with customer service to double check benefits and any other necessary authorizations that may be needed prior to the screening.

How many people alive today have ever had cancer?

More than 15 million people alive in the United States have had some type of cancer. Some of these people are cancer-free; others still have it. Source: <https://www.cancer.org/cancer/cancer-basics/questions-people-ask-about-cancer.html>

Can injuries cause cancer?

It's a common myth that injuries can cause cancer. But the fact is that falls, bruises, broken bones, or other such injuries have not been linked to cancer.

Source: <https://www.cancer.org/cancer/cancer-basics/questions-people-ask-about-cancer.html>

