

Cancer Coalition News- Site 13 – Dawson, Fallon, McCone, Prairie,  
Richland, and Wibaux  
February 2015



February is Cancer Prevention Month



A substantial proportion of cancers could be prevented. All cancers caused by cigarette smoking and heavy use of alcohol could be prevented completely. In 2014, almost 176,000 of the estimated 585,720 cancer deaths will have been caused by tobacco use. It is also estimated that up to one-third of the cancer cases that occur in economically developed countries like the US are related to overweight or obesity, physical inactivity, and/or poor nutrition. Certain Cancers are related to infectious agents- human papillomavirus (HPV), hepatitis B virus (HBV), hepatitis C virus (HCV), human immunodeficiency virus (HIV), and Helicobacter pylori (H. Pylori). These cancer could be prevented through behavioral changes or the use of protective vaccination or antibiotic treatments. Many of the more than 3 million skin cancer cases that are diagnosed annually could be prevented by protecting skin from excessive sun exposure and avoiding indoor tanning.

Screening offers the ability for secondary prevention by detecting cancer early, before symptoms appear. Early detection usually results in less extensive treatment and better outcomes. Screening is KNOWN to reduce mortality for cancers of the breast, colon, rectum, cervix, and lung (among heavy smokers).

<http://www.cancer.org/acs/groups/content/@research/documents/webcontent/acspc-042151.pdf>

## American Cancer Society Guidelines for the Early Detection of Cancer

**Breast Cancer:** Accounts for 29% of cancers diagnosed in women, and 15% cancer deaths in women

Yearly mammograms are recommended starting at age 40 and continuing for as long as a woman is in good health

- Clinical breast exam (CBE) about every 3 years for women in their 20s and 30s and every year for women 40 and over

MT Breast & Cervical Enrollment  
Now Underway for Fiscal Year  
2014/2015  
36%  
Of enrollments have been completed  
for Fiscal Year 2014/2015  
  
Currently 1 FOBT colorectal  
enrollment is available for Fiscal Year  
2014/2015.

If you know of anyone who would  
benefit from the Montana Cancer  
Screening program please call:

Sarah Farrow  
Site 13 MTCCP Coordinator  
406-433-2207

If you are interested in joining the  
Cancer Coalition to help raise  
awareness in our community please  
email [sfarrow@richland.org](mailto:sfarrow@richland.org) or come  
to the next coalition meeting. We are  
also able to do conference calls if you  
would like to participate but are  
unable to attend.

Cancer Coalition meetings:  
February 5<sup>th</sup>, 2015 @ 2pm  
March 5<sup>th</sup>, 2015 @ 2pm  
Community Services Building  
Sidney, MT

Cancer Coalition Aid Fund has  
helped a total of 3 people receive  
money for non-medical expenses in  
2015

The Cancer Coalition is sponsored by  
The Richland County Health  
Department & we thank them!

All Money raised to benefit local residents, no  
funds are used to pay administrative costs

Cancer Coalition  
@ RCHD 

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- Women should know how their breasts normally look and feel and report any breast change promptly to their health care provider. Breast self-exam (BSE) is an option for women starting in their 20s.

**Colorectal Cancer and polyps:** Accounts for 8% of cancers diagnosed in both men and women, and 8% of cancer deaths in men, 9% of cancer deaths in women.

Beginning at age 50, both men and women should follow one of these testing schedules:

1. Tests that find polyps and cancer
  - Flexible sigmoidoscopy every 5 years, or
  - Colonoscopy every 10 years, or
  - Double-contrast barium enema every 5 years, or
  - CT colonography (virtual colonoscopy) every 5 years
2. Tests that primarily find cancer
  - Yearly guaiac-based fecal occult blood test (gFOBT), or
  - Yearly fecal immunochemical test (FIT, or
  - Stool DNA test (sDNA), every 3 years

**Cervical Cancer:** Thanks in large part to increased compliance with Pap smears and HPV testing, Cervical Cancer accounts for less than 3% of cancer diagnoses in women and less than 2% of cancer deaths!

- Cervical Cancer screening testing should begin at age 21. Women under age 21 do not need to be tested.
- Women between the ages of 21-29 should have a Pap test every 3 years. HPV testing should not be used in this age group unless it is needed after an abnormal Pap test result
- Women between the ages of 30-65 should have a Pap test plus an HPV test every 5 years. This is the preferred approach, but it is also OK to have a Pap test alone every 3 years.
- Women over age 65 who have had regular cervical cancer testing with normal results should not be tested for cervical cancer. Once testing is stopped, it should not be started again. Women with a history of a serious cervical pre-cancer should continue to be tested for at least 20 years after that diagnosis, even if testing continues past age 65
- A woman who has had her uterus removed (and also her cervix) for reason not related to cervical cancer and who has no history of cervical cancer or serious pre-cancer should not be tested

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- A woman who has been vaccinated against HPV should still follow the screening recommendations for her age group.  
Some women- because of their health history- may need to have a different screening schedule for cervical cancer. Talk to you doctor or nurse about your history.

**Lung Cancer:** Accounts for 14% of cancers diagnosed in men and 13% of cancers diagnosed in women. 28% of cancer deaths in men, and 26% of cancer deaths in women.

The American Cancer Society does not recommend tests to screen for lung cancer in people who are at average risk of the disease. However, the ACS does have screening guidelines for individuals who are at high risk of lung cancer due to cigarette smoking.

- 55 to 74 years of age
- In fairly good health
- Have at least a 30 pack/year smoking history AND are either still smoking or have quit smoking within the last 15 years

For people aged 20 or older having periodic health exams, a cancer-related check-up, should include health counseling and, depending on a person's age and gender, exams for cancers of the thyroid, oral cavity, skin, lymph nodes, testes, and ovaries, as well as for some non-malignant (non-cancerous) diseases.

## Worksite Wellness Corner

**Take control of your health, and reduce your cancer risk:**

- Stay away from tobacco
- Get to and stay at a healthy weight
- Get moving with regular physical activity
- Eat healthy with plenty of fruits and vegetables
- Limit how much alcohol you drink (if you drink any at all)
- Protect your skin
- Know yourself, your family history, and your risks
- Have regular check-ups and cancer screening tests

<http://www.cancer.org/healthy/findcancerearly/cancerscreeningguidelines/american-cancer-society-guidelines-for-the-early-detection-of-cancer>