



All About Screening

PAID PROMOTIONAL FEATURE

Why Screen?

A cancer found early is generally easier to treat, improving both survival and quality of life. Screening can find cancer before any symptoms appear, but an abnormal test is not an instant cancer diagnosis. Instead, screening can indicate whether more tests (called diagnostic tests) are needed, like a biopsy.

The following screening tests play a major role in cancer survivorship.

Pap Test: the Most Successful Cancer Screener

Pap tests cut cervical cancer diagnoses in half between 1975 and 2014. The American Cancer Society recommends that women not

otherwise at risk have a Pap test every three years from age 21-29, followed by a Pap test combined with a human papilloma (HPV) test every five years from age 30-65. Alternatively, women age 21-65 should have a Pap test every three years.

PSA: A Revolution in Prostate Cancer Diagnosis

"When I came into practice in 1982 there was no screening test for prostate cancer," says Dr. James W. Young, board certified urologist at the Urology Institute of Central Florida. "Back in those times, when we diagnosed somebody with prostate cancer, most likely they had cancer that was already advanced and not curable."

Dr. Young recommends that every male get a PSA blood test once

a year, starting at age 50. "Unless you have a close family history of prostate cancer or if you're an African American. Then it's age 40."

Colorectal Screening Can Save 1,000 Lives a Year

According to the Centers for Disease Control, almost 1,000 colorectal cancer deaths could be prevented each year if enough people get screened. The best-known test, the colonoscopy, is also recommended if any other test, like the following, yields an abnormal result.

- A fecal occult blood test checks for blood in the stool.
- A sigmoidoscopy checks the rectum and lower colon for polyps, abnormal areas, or cancer.
- A virtual colonoscopy (CTC) uses X-rays.
- A DNA stool test checks the DNA in stool cells for genetic changes.

Heavy Smoker? Get Screened

The US Preventive Services Task Force recommends annual lung cancer screening for anyone aged 55 to 80 with a smoking history of 30 pack-years or longer and who currently smoke or have quit within the past 15 years. A pack year is equal to smoking 20 cigarettes (1 pack) a day each year.

Testing is done with a low-dose CT scan. If caught early (stage 1), the 5-year survival rate for lung cancer is 68-92%, but if caught late (stage 4), that survival rate drops to 0-10%.



Here for You from the Beginning

You can consult with us free of charge from the moment you have any abnormal test results. RBOI's cancer navigators can help guide you through the screening process, regardless of whether or not you have been diagnosed. Give us a call.

100%

Five-year relative survival rate (meaning no death from other causes) if prostate cancer is caught before it metastasizes



45

American Cancer Society's recommended age to start regular screening for colorectal cancer for people at average risk



5

Breast cancers found for every 1,000 screening mammograms



10

Minutes it takes to undergo a lung cancer screening



Mammograms Save Lives

Mammograms were shown to reduce breast cancer deaths by 20% in one analysis, but more recent results from Europe and Canada show that screening reduced deaths by more than 40%. The American Cancer Society recommends that women at average breast cancer risk be screened annually from age 45 to 54, and that women age 55 and older be screened every two years. Recommendations differ for women at higher risk, and additional screening like magnetic resonance imaging (MRI) and breast ultrasound may be indicated.

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