

## Prevention and Early Detection

While cancer is the second leading cause of death in South Carolina, you can lower your risk of developing this disease by making healthy lifestyle choices an important part of your health care.

### Prevention

Although many factors increase your risk for developing cancer, you can reduce your risk with a healthy lifestyle. By simply eating right and getting active, you can help prevent a cancer diagnosis and minimize your risk of many other health issues.



MUSC's Hollings Cancer Center recommends these guidelines to help prevent cancer:

- Stop smoking and using other tobacco products
- Increase physical activity
- Eat a balanced diet that includes fresh fruits and vegetables
- Limit saturated fats
- Maintain a healthy weight
- Protect yourself from the sun's rays, particularly between 10am-3pm
- If you drink alcohol, do so in moderation

### Warning Signs of Cancer

The American Cancer Society has identified seven major warning signs of cancer:

1. Changes in bowel or bladder habits
2. Sores that don't heal
3. Obvious changes in mole or wart
4. Unusual vaginal bleeding or discharge
5. A new lump or thickening in a breast or elsewhere
6. Difficulty swallowing or frequent indigestion
7. A bothersome cough or hoarseness

These symptoms are not sure signs of cancer. They could be due to infections, benign tumors or other problems. Nevertheless, it is important to notify your doctor immediately so the possibility of cancer can be ruled out. Early detection and treatment greatly increases your chances of being cured if cancer is found.

## Research & Clinical Trials

The Medical University of South Carolina's Hollings Cancer Center is the state leader in cancer research, prevention, detection and treatment. As a National Cancer Institute (NCI) designated center, we are on the leading edge about the nature of cancer – a critical first step in developing more effective approaches to cancer prevention, diagnosis and therapy.

Hollings Cancer Center leads and participates in extensive research with the ambition to improve the care and treatments available to patients. We pride ourselves on our collaborations — not only within MUSC, but in our community, with other nationally recognized academic centers and within the private sector. Through our commitment to cancer research and our designation by the NCI, we seek to improve the preventive, diagnostic and therapeutic services we provide to patients.



Clinical trials play a critical role in the advancement of treatments for cancer patients in South Carolina. Recognizing that most treatment standards of today were developed as a result of previous clinical trials, we support more than 150 clinicians and researchers at the Hollings Cancer Center Clinical Trials Office (CTO), as well as other centers throughout the state that participate in the Hollings Cancer Center Clinical Trials Network (CTN). If you have been diagnosed with cancer and are interested in learning about what clinical trials could be available to you, ask your doctor or call the Hollings Cancer Center Clinical Trials office at 843-792-9321.

**For more information on MUSC Health's cancer screening guidelines or to schedule an appointment, call 843-792-9300. You may also visit us online at [hollingscancercenter.org](http://hollingscancercenter.org).**

## Cancer Screening & Prevention Guide

### Hollings Cancer Center



# Screening Guidelines

## Breast Cancer

Breast cancer is the second most common form of cancer in women, but if found and treated early, most patients can be cured. It is important to review your risk for breast cancer with your health care provider, as some women may benefit from a formal high-risk breast evaluation. All women should be familiar with the known benefits, limitations and potential harms linked to breast cancer screening. They also should know how their breasts normally look and feel and report any breast changes to a health care provider right away.

### Important for: Women

Age	Screening	Frequency
40+	Mammogram	Yearly

Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer.

### Risk Factors

- Family history of breast or ovarian cancer
- Never having children or having had the first child after age 30
- Age
- Early onset of menstrual cycle (<12)
- Late menopause (>55)
- Previous radiation to chest
- Atypical lobular hyperplasia (ALH) or lobular carcinoma in situ (LCIS)

## Colorectal Cancer

Colorectal cancer (colon cancer) is the second most common cancer in the U.S. The disease affects men and women equally, and becomes more common with increasing age. If detected and treated early, colon cancer is usually curable. People at high risk should talk to their doctor about beginning colonoscopy screenings at age 40 or younger.

### Important for: Men & Women

Age	Screening	Frequency
50	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*

\* If the test is positive, a colonoscopy should be done.

### Risk Factors

- A family history of abnormal polyps (adenomas) or cancer
- Smoking
- A diet high in fat

## Lung Cancer

Lung cancer is the leading cause of cancer-related death in both men and women in the U.S. Annually, lung cancer is responsible for more deaths than breast, prostate and colon cancer combined. Screening for lung cancer with low-dose computed tomography (LDCT) has been shown to decrease the risk of dying from lung cancer by detecting it at an earlier stage.

### Important for: Men & Women

Age	Screening	Frequency
55-77	LDCT scan	Yearly

### Additional Criteria:

- Current smoker or former smoker having quit within the last 15 years
- Have at least 30 pack year smoking history (this means 1 pack a day for 30 years, 2 packs a day for 15 years, etc)

## Cervical Cancer

90% of cervical cancer, as well as vulvar and vaginal cancers, can be prevented with vaccination. The human papillomavirus (HPV) vaccine is recommended for boys and girls ages 11-12 as part of routine adolescent immunizations. Men and women can be vaccinated up to age 26 if they have not already received the HPV vaccine. When detected early and treated, cervical cancer is usually curable. The Pap Test has helped to reduce death rates by 75%. The HPV test improves screening by finding more aggressive lesions, detecting abnormalities earlier, and decreasing rates of abnormalities in the future.

### Important for: Women

Age	Screening	Frequency
21-29	Pap test only	Every 3 years
30-65	Pap & HPV test	Every 5 years

Frequency of screening recommendations may vary. Your doctor may screen more often if you have had an abnormal test in the past. Screening is not recommended for women without any history of cervical problems or HPV after age 65 or after a hysterectomy.

### Risk Factors

- Prior history of HPV infection
- Cigarette smoking
- HIV infection or other immunosuppression such as patients taking medications for organ transplant, chemotherapy or rheumatologic conditions
- Unprotected intercourse with more than one sexual partner
- Sexual intercourse before age 18

[hollingscancercenter.org](http://hollingscancercenter.org)

Cancer screening guidelines are updated periodically. Please consult with your health care provider about what's best for you and your health history. Call 843-792-9300 for a cancer screening appointment at MUSC Health.

## Skin Cancer

In the United States, about 1 million Americans are diagnosed with skin cancer each year, according to the Centers for Disease Control and Prevention. The main cause of skin cancer is ultraviolet (UV) radiation from the sun. Other sources of UV radiation include sunlamps and tanning beds.

### Important for: Men & Women

Age	Screening	Frequency
All	Doctor's exam	Yearly

### Risk Factors

- Fair skin
- A family history of skin cancer
- Sun exposure and early childhood sunburns
- Use of sunlamps and tanning beds
- Type and quantity of moles

## Oral Cancer

Alcohol and tobacco use cause at least 75 percent of head and neck cancers. Infection with cancer-causing types of human papillomavirus (HPV), especially HPV-16, is a risk factor for some types of head and neck cancers. The good news is that oral cancer is largely preventable — and if detected early — highly treatable.

### Important for: Men & Women

Age	Screening	Frequency
18	Visual exam	Yearly

### Risk Factors

- Twice as common in men as women
- Tobacco and alcohol use
- Prior history of HPV infection
- Age

## Prostate Cancer

Prostate cancer ranks behind skin cancer as the most common type of cancer affecting American men. Early detection increases treatment options and saves lives. Men and their doctors should discuss available screening options and how aggressively they would address questionable findings.

### Important for: Men

Age	Screening	Frequency
50	Talk to your doctor about screening options	Yearly

If you are African American or have a family history of prostate cancer, talk to your doctor about your screening options at age 45.

### Risk Factors

- Age: 90% of all prostate cancers are diagnosed in men over age 55
- A family history of prostate cancer
- African Americans are at an increased risk
- A diet high in fat
- A diet low in fruits, vegetables and whole grains