



Cancer Health Disparities: What You Should Know

What You Can Do to Prevent and Control Cancer

Although cancer deaths have declined for both Whites and African Americans, African Americans continue to suffer the greatest burden for each of the most common types of cancer.

Cancer Health Disparities in South Carolina:

- *African-American women are less likely to get breast cancer but are more likely to die of breast cancer.*
- *African-American women are more likely to get screened for cervical cancer but more likely to die of cervical cancer.*
- *African-American men die of prostate cancer at a rate that is 2 1/2 times higher than rates found among White men.*
- *African Americans get and die of colon cancer at higher rates than Whites.*

You can take control of your health and reduce your risk of developing cancer by making healthy choices. Know your body, family history, and risk of cancer.

- Know your body, family history, and risk of cancer
- Eat Healthy: Eat a low fat diet
- Maintain a healthy weight
- Get Active: Exercise at least 30 minutes per day
- Stay away from tobacco products
- Limit how much alcohol you drink
- Be Safe in the Sun: Protect yourself from the sun's UV rays
- Get vaccinated for some types of HPV



SOUTH CAROLINA
Cancer Disparities Community Network

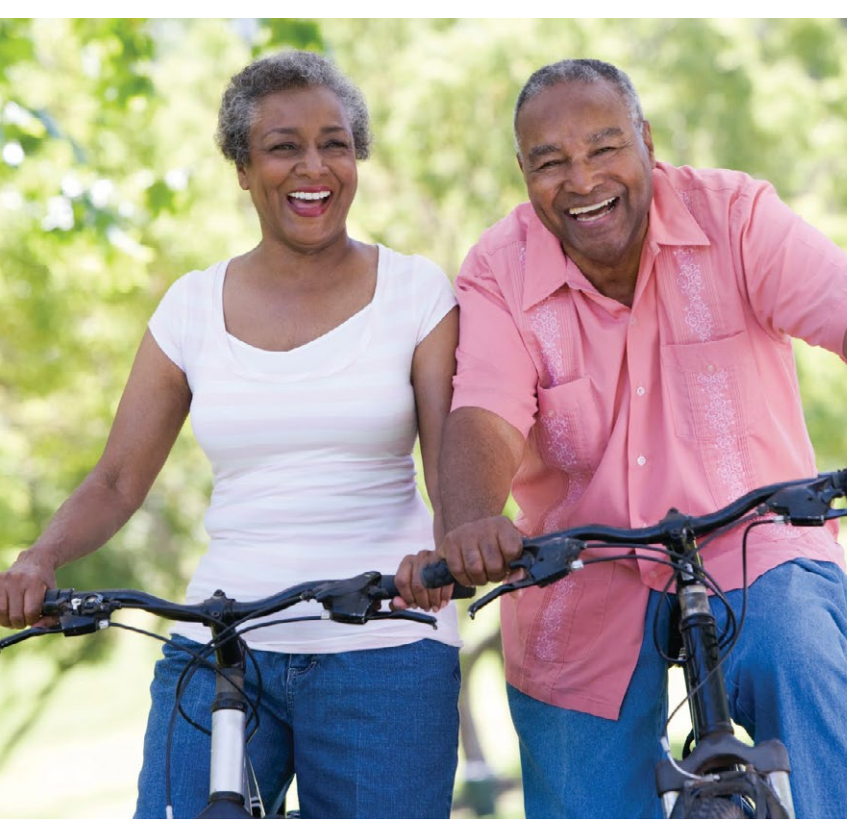
Tel: 1-866-297-6792
Website: <http://sccdncn.sph.sc.edu>



STATE BAPTIST YWA
Woman's Baptist Education
& Missionary Convention

Health Ministry Office
Tel: (803) 782-0998

Learn more about cancer screening guidelines ➡



Find Cancer Early: Get screened for cancer as recommended

Breast Cancer Screening

Mammogram (*Breast X-ray*)

- Age 40 and over: every year

Clinical Breast Exam (*Done by a health care provider*)

- Age 20-39: every three years
- Age 40 and over: every year

Breast Self-Exam (*BSE*)

- Begin at age 20.
- Do a breast self-exam beginning at age 20 to become familiar with how your breasts look and feel.
- Consult a health care provider immediately if you notice a lump or changes in your breasts.

Cervical Cancer Screening

Pap Test

Women age 21–29 should have a Pap test every three years.

Women age 30–65 should have a Pap test and HPV test every five years or only a Pap test every three years.

Get follow-up care for an abnormal Pap test.

Human Papillomavirus (HPV) Vaccination

HPV vaccination is recommended for females and males age 11–12. You can receive the HPV vaccine as early as age 9 and up to age 26 for females and age 21 for males.

Colon Cancer Screening

Get screened for colon cancer starting at age 50.

African Americans should get screened beginning at age 45.

Screening should start earlier if you have a family history of colon cancer.

Find and remove hidden growths (called “polyps”) through the use of colon cancer screening tests that can prevent colon cancer before it begins.

Prostate Cancer Screening

Talk with your health care provider about screening options at age 50. African-American men should start at age 45.

Talk to a health care provider if there is a family history of prostate cancer.

Make an informed decision based on your preferences and values after learning more.

To learn more about cancer, please contact the American Cancer Society at 1-800-227-2345 or visit www.cancer.org.

Screening recommendations are from the American Cancer Society, August 2014.