

Women: Take action to reduce cancer risk

Day-to-day life can get busy for many women, making it hard to find the time to take care of the things that matter most, like your health. But taking care of your health can reduce your risk of cancer.

To help you learn about the ways you can reduce your cancer risk, the Canadian Cancer Society has developed the Checkup Checklist, an online and interactive tool found at checkupchecklist.cancer.ca/. By answering a few simple questions, such as age, sex and family history of cancer, this tool provides you with a customized checklist to bring to your next doctor's appointment to discuss. More information is also available by calling the Canadian Cancer Society Cancer Information Service, at 1-888-939-3333, or online at www.cancer.ca.

To get you started, here are a few basic ways to take action to reduce your risk of cancer:

Make healthy lifestyle choices. Be a non-smoker and avoid second-hand smoke, eat healthy foods, be active on a regular basis and be sensible in the sun.

Get screened. One way to detect cancer early— when treatment is likely to be more successful— is to get screened regularly.

- **Breast cancer.** Women 40 and over should have a clinical breast exam every two years. Women 50 to 69 should have a mammogram and a clinical breast exam every two years. Women 70 and over should talk to their doctors about how often they should be tested. It's also important for all women to get to know their breasts so that they can report changes to their doctor.

- **Cervical cancer.** All women who are, or who have been, sexually active should have a Pap test every one to three years.

- **Colorectal cancer.** Women 50 and over should have regular colorectal cancer screening tests.

- **Skin cancer.** All women should learn what



to look for and check their skin regularly, including the hard-to-get places such as the back of the neck, ears and legs.

Taking a positive step towards a healthy lifestyle is important in maintaining good health. But it's just as important to talk to your doctor about your family history of cancer and to learn more about the screening tests that can help find cancer early.

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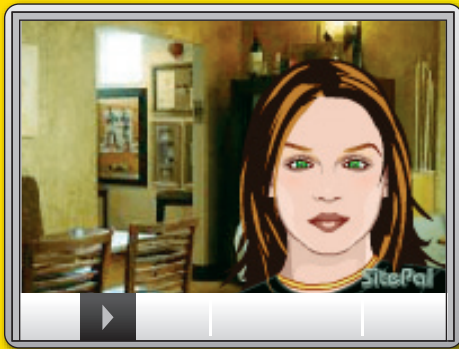
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