

For more information
about free and low-cost
cancer screenings in
New York City, call:

cancer awareness network for
c · a · n · i · m · p
immigrant minority populations

Cancer Awareness
Network for Immigrant
Minority
Populations (CANIMP)
(212-263-3764)



American Cancer Society
1-800-ACS-2345
(1-800-227-2345)



National Cancer Institute
1-800-4-CANCER
(1-800-422-6237)

Where You Can Find Out More About Cancer Prevention



Caribbean Women's
Health Association
(718) 826-2942



Chinese-American
Planning Council
(212) 941-0925



Korean Community
Services of
Metropolitan NY
(212) 463-9685

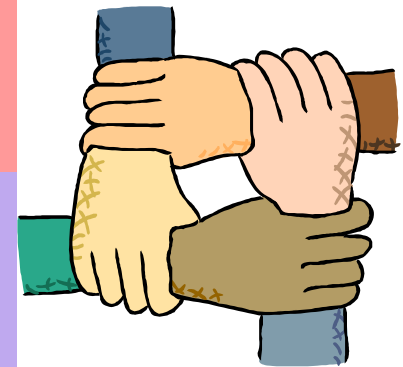


Flatbush Haitian
Center
(718) 693-5700



Project Reach Youth
(718) 768-0778

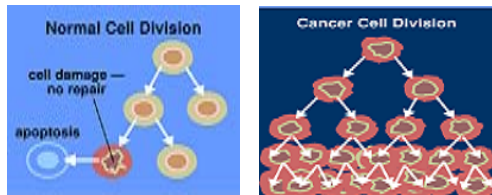
CANCER PREVENTION



IS IN YOUR HANDS

What is Cancer?

- Your body is made up of many types of cells.
- Your cells grow and multiply only when necessary.
- When abnormal cells do not stop growing, they can take over a part of your body. This is called cancer.
- If you have cancer, and it is not found early, your body may stop working the right way and it can even lead to death.



What Causes Cancer?

There are many things that may cause cancer. A **RISK FACTOR** is something that may increase your chance of getting cancer.

Some Risk Factors for Cancer:

- Smoking or chewing tobacco
- Eating a high fat diet
- Not eating enough fruits and vegetables
- Obesity
- Drinking too much alcohol

Do You Have Cancer?

- You can have cancer and still feel healthy.
- You cannot always see cancer from the outside.
- **A cancer screening can help you find out if you have cancer.**



Why Should You Get Screened?

- A cancer screening is a test that looks at your body to see if you have cancer before you have symptoms.
- A screening test can detect signs of cancer that you cannot see.
- The key to stopping and curing cancer is **catching it early!** A screening test may be able to do that.

Cancer Facts

Lung Cancer

- #1 cancer in the U.S.
- Common among many immigrants.
- Screening: None. That is why it is important for you to STOP SMOKING!

Breast Cancer

- #2 cause of cancer death in women.
- Many immigrant women may be at high risk for breast cancer.
- Screening: Starting from age 20, you can do a Self Breast Exam every month. Also, get a Clinical Breast Exam every year by your doctor. After age 40, you should get a mammogram.

Cervical Cancer

- Most common type of cancer among women in the world.
- Screening: At age 21 (or when you start having sex), you should start getting a PAP test as often as your doctor recommends.

Colorectal Cancer

- #2 cause of cancer death in the U.S.
- One of the leading causes of cancer deaths among immigrants.
- Screening: From the age of 50, you should get a FOBT (stool test) every year, and a colonoscopy once every 10 years.

Prostate Cancer

- #1 cancer diagnosed among men in the U.S.
- Many immigrant men are at a high risk of developing prostate cancer.
- Screening: You should get a digital rectal exam and PSA (blood test) when your doctor recommends this.

If someone in your family has one of these cancers, you may need to start getting screened earlier.