



Western
Health

Cancer Awareness

September 2012



Objectives

You will learn about:

- Breast cancer
- Cervical cancer
- Testicular cancer
- Prostate cancer
- Risk factors
- Health practices

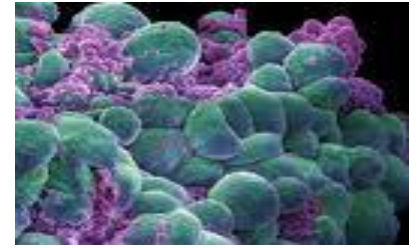


Routine Health Practices:

- Eat a well balanced diet.
- Maintain a healthy weight.
- Regular exercise.
- No smoking.



What is Cancer ?



- Abnormal cells that grow out of control.
- When these cells grow large enough they form a mass called a tumor.
- **Benign tumor** – the tumor grows and enlarges at the site where it began.
- **Malignant tumor**- the tumor enlarges locally then invades and destroys the normal tissue around them and spreads to distal parts of the body.



Western
Health

Breast Health



Breast Cancer:



- The most frequently diagnosed cancer in Canadian women.
- In 2012 it is estimated that 22,700 women in Canada will be diagnosed with breast cancer and that 5100 women will die.
- In 2012, in NL, it is estimated that 330 women will develop breast cancer and that 90 women will die.
- 1 in 9 women will be diagnosed with breast cancer in their life time.

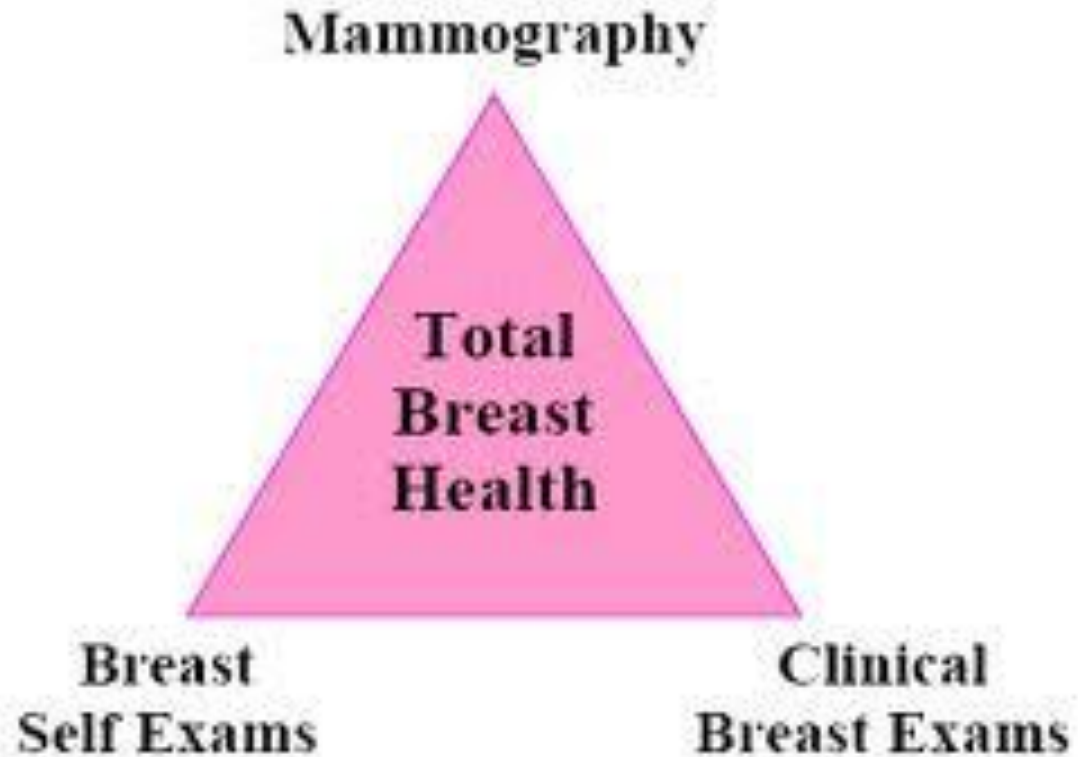
Risk Factors:



- Gender: 99% occurs in females.
- Age: risk increases with age.
- Early menstruation (before age 12).
- Late menopause (after age 55).
- Having first baby after the age of 30.
- Having a close relative with breast cancer.
- Being physically inactive.
- Being overweight.



Breast Health Practices



Breast Self-Examination

- A way of using your hands and eyes to examine your breasts:

Step 1. Examine while in the bath or shower.

Step 2. Visual inspection.

Step 3. Examine while lying down.



- If performed properly and regularly, it can assist women in detecting small lumps.



BSE:

Look for changes, in both breasts, such as:



Lump



Skin dimpling



Change in skin color or texture



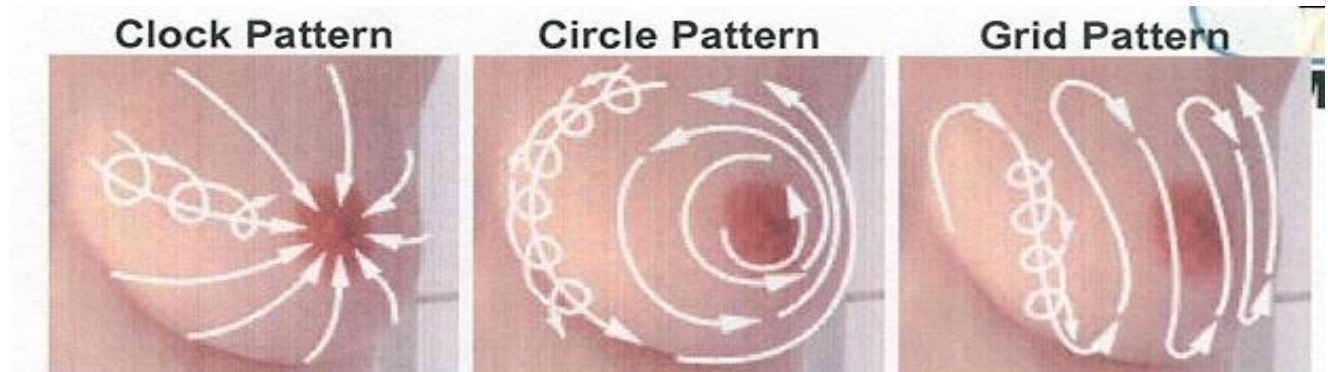
Change in how the nipple looks, like pulling in of the nipple.



Clear or bloody fluid that leaks out of the nipple

BSE:

1. Place your left arm above and behind your head. Use the three middle fingers of your right hand, press your breast against your chest wall.
2. In a circular motion, feel small portions of your left breast, going around and around until you have covered the entire breast and underarm. Do it slowly.



3. Start at the outermost top edge of your breast and spiral toward the nipple.
4. Feel for hard lumps or bumps in your breast.
5. Repeat again with the opposite side.
6. Gently squeeze both nipples and look for discharge.
7. Look for changes in the size and shape of each breast (dimpling or changes in skin texture).

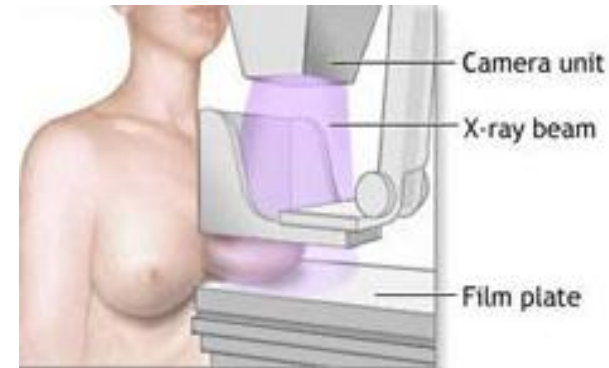
Clinical Breast Examination:

- A breast examination done by a trained health care provider.
- Recommended for those over the age of 40.
- Check with your health care provider.



Mammography:

- A low dose x-ray of the breasts to detect changes.
- There may be some discomfort as the breast is pressed between two plastic plates.
- It is recommended that women between the ages of 50-69 have a mammogram every 2 years.
- For some it may be more frequent.
- Call the Breast Screening Centre to book your appointment: 634-8558.



Breast Health Facts:

- No method is 100% effective.
- The use of all 3 methods, consistently, provides the best opportunity for early detection.
- When detected and treated early, breast cancer can be beaten.
- 70-80% of breast lumps are detected by women themselves.
- 80% of breast lumps are not cancerous.



Breast Screening Center

Tel: (709) 634-8558 (Corner Brook)

OR 1- 800- 414- 3443 (toll-free)

fax: (709) 634-8559

Western Memorial Health Clinic
(former Canadian Tire Building)
Lower Level, 3 Herald Avenue
Corner Brook, NL



Western
Health

Cervical Health



Canadian statistics:



- In 2012, it is estimated that 1350 new cases of cervical cancer will be diagnosed in Canada, with an estimated 390 deaths.
- In NL, in 2012, it is estimated that 25 new cases of cervical cancer will be diagnosed and an estimated 10 deaths.
- In almost all cases regular screening can prevent invasive cervical cancer.

Risk Factors:

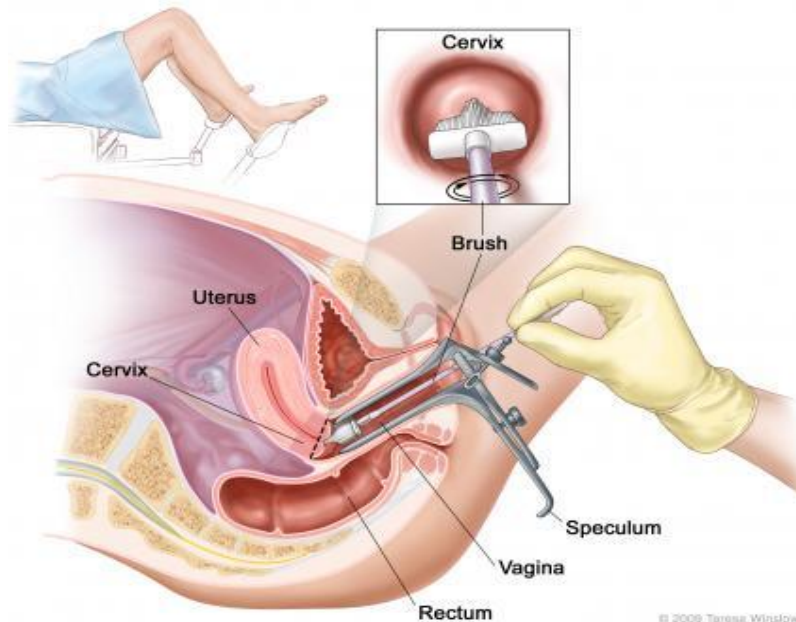


- Early age at first intercourse.
- Multiple sex partners.
- History of genital warts.
- Human Papilloma Virus (HPV).
- Smoking.

**The biggest risk factor for cervical cancer
is not having a Pap test.**

Pap Test:

- Is one of the most effective, accurate and economical ways to detect cervical cancer.
- Can detect cell changes in the early stages of cancer or before the cancer develops.



When should you start having a pap test?

- If you are sexually active, you should start having a pap test at age 20.



How often do I need a pap test?

- Unless your health care provider tells you, have a pap test once a year for 3 years in a row.
- If all results are normal, have a pap test every 3 years.



When can I stop having pap?

At age 70 a woman can stop having pap test if:

- She has had 3 normal pap tests within the last 10 years and,
- She has had no abnormal pap tests.

AGE 70

Hysterectomy Guidelines:

- Subtotal/no abnormal history- routine screening.
- Subtotal/abnormal history-annual screening.
- Total/no abnormal history-a vault sample maybe recommended every 5 years as part of a comprehensive reproductive health assessment.

Who needs to have a yearly pap test?

- Women with previous history of abnormal pap tests.
- Women who are immune compromised.
- HIV positive women.
- DES exposed in utero.

Follow -up:

- Check with your health care provider about when you are due for your next pap test.
- If you haven't been regularly screened you may need more pap tests.





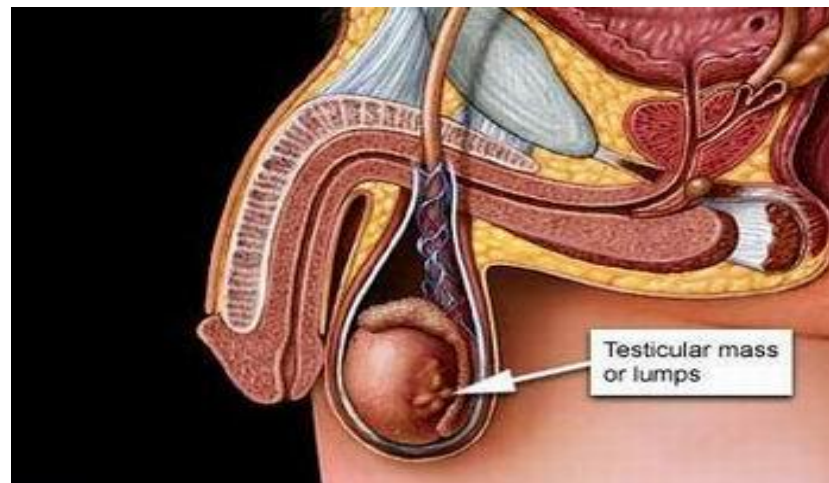
Western
Health

Testicular Health



Testicular Cancer

- Is rare, but is one of the most common cancers in men 15-34 years.
- It can affect males of any age.
- Is highly treatable and is one of the most curable cancers.



Risk Factors:



- Higher for men who have a family history of a father or brother with testicular cancer.
- Higher risk (10x) for men whose testicles did not descend into the scrotum, or descended after age 6.
- Abnormal testicle development.
- Race: more common in white than black men.
- Injury to testicle or scrotum.

Testicular Self Exam (TSE)

Visual:

- Best performed after a bath or shower when the muscles of the scrotum are relaxed.
- Stand in front of a mirror. Look for any swelling on the skin or scrotum.
- Normal for one testicle to be slightly larger and hang lower than the other.
- Check for noticeable changes in the size and weight of the testicle.



Performing a TSE:

- Roll each testicle between the thumbs and fingers of both hands.
- A normal testicle is firm, smooth, egg-shaped, about 1 1/2 in. long.
- Feel the soft tube at the back and top of each testicle (epididymis) which stores the sperm.
- Feel the firm, smooth tube of the Vas Deferens that runs up from the epididymis.
- Check the entire testicle.



It's not normal...

- Small, hard, painless lump in the testicle (most common warning sign).
- Feeling of heaviness in the testicle.
- Enlargement of the testicle.
- A new collection of fluid or blood in the scrotum around the testicle.
- A dull ache in your abdomen or groin.
- Pain in the scrotum or testes.
- Enlarging breasts or breast tenderness.

Summary:

- Testicular cancer is most common in men ages 15-34.
- If diagnosed early, it can be treated promptly and effectively.
- Perform a TSE once a month.
- If you find anything unusual, see your health care provider.





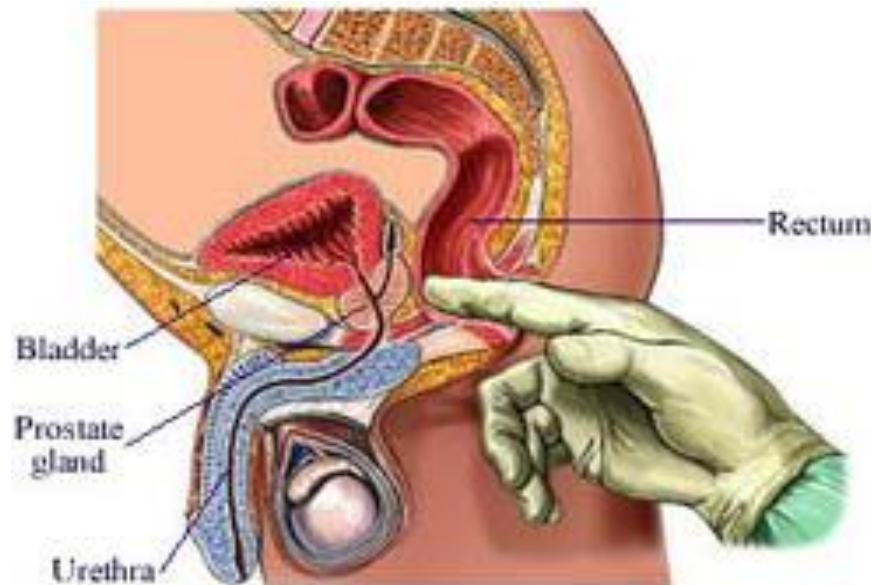
Western
Health

Prostate Health



Prostate Cancer:

- The most frequently diagnosed cancer in Canadian men.
- 1 in 8 men will develop prostate cancer at some point in their life.



Cancer in Canada & NL:

In Canada,

- In 2012, an estimated 26,500 men will be diagnosed with prostate cancer.
- An estimated 4,000 men will die from prostate cancer.

In NL:

- In 2012, an estimated 490 new cases of prostate cancer will be diagnosed.
- An estimated 70 deaths.

Risk Factors:



- Family history of a father or brother with prostate cancer.
- Evidence suggests that a high fat diet may play an important role.
- Risk increases with age, with more than 80% of cases diagnosed over the age of 65.
- Higher incidence among African Canadians.

Symptoms:

- Frequent need to urinate.
- Pain or burning when urinating.
- Weak or interrupted flow of urine.
- Blood or semen in urine.
- Frequent pain or stiffness in the lower back, hips or upper thighs.



Normal Prostate



Enlarged Prostate

Summary:

- Prostate cancer is more common in men 50+.
- If diagnosed early, prostate cancer can be treated effectively.
- Know the symptoms.
- Have a routine digital rectal examination as advised by your health care provider.
- If you have unusual symptoms, see your health care provider.

