



# The best time to fight cancer?

## Before you have it.



Cancer comes in many shapes and sizes, and people of all ages can get it. But there are things you can do to protect your health. The best ways to stop cancer in its tracks are to get your cancer screenings on time and take steps each day to stay healthy.



### Get checked

Did you know that your chances of surviving the most common types of cancer are 80% to 100% if you catch them early enough? Cancer progresses in stages. It starts in one organ or place in the body. This is called “local.”

Catching cancer at the “local” stage, before it spreads anywhere else in the body, can make all the difference in your survival rate. That’s why it’s important to see your doctor for preventive health screenings.<sup>1</sup>

### Which cancer screenings are recommended for you?<sup>1</sup>

Talk to your doctor to find out which of these important screenings are right for you:

- Breast cancer screening (mammography) – for women
- Cervical cancer screening (Pap tests and other gynecological exams) – for women
- Colorectal cancer screening – for men and women
- Prostate cancer screening (prostate-specific antigen, or PSA, test) – for men

### Helpful resources

Learn more about cancer screening guidelines at [anthem.com/preventive-care](https://www.anthem.com/preventive-care).



#### Sources

<sup>1</sup> Centers for Disease Control and Prevention; Cancer Prevention and Control (accessed August 2018): [cdc.gov/cancer/dcp/prev/index.htm](https://cdc.gov/cancer/dcp/prev/index.htm).

<sup>2</sup> National Cancer Institute; Cancer Trends Progress Report (accessed August 2018): [progressreport.cancer.gov](https://progressreport.cancer.gov).

<sup>3</sup> Centers for Disease Control and Prevention; Smoking & Tobacco Use – Data and Statistics (accessed August 2018): [cdc.gov/tobacco/data\\_statistics](https://cdc.gov/tobacco/data_statistics).

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## More ways to fight cancer



### Eat healthy and move more

Eating healthy foods and getting regular exercise are two of the most important things you can do for your health. Studies show that being overweight (having a body mass index of 25 to 29) or obese (body mass index of 30 or more), increases your chances of getting certain cancers, like uterine, breast, prostate and colorectal cancers.<sup>2</sup>



### Use sunscreen

Protect yourself from the most common type of cancer in the U.S. — skin cancer — just by wearing sunscreen every day. Some sun is good for you, but too much exposure can lead to skin cancer. Use sunscreen with a sun protection factor (SPF) of at least 15.<sup>2</sup> Also, check your skin regularly and tell your doctor if you see any changes in your skin or moles.



### Stop smoking

Don't use tobacco and avoid cigarette smoke. Smoking is linked to at least 10 cancers, including lung, mouth, throat, larynx, pancreatic and urinary bladder cancer. Lung cancer is the leading cause of cancer death for both men and women. That's reason enough to quit. And even if you already have a smoking-related illness, you'll see health benefits from quitting.<sup>3</sup>

