

## COLORECTAL CANCER AWARENESS

Many women mistakenly believe that colorectal cancer (cancer of the colon and rectum) is a "man's disease." But the fact is that colorectal cancer (CRC) strikes women nearly as often as men. If colorectal cancer is found early enough, the patient has a **better than 90% chance of survival.**

Colorectal cancer can develop from Polyps (grape-like growths on the inner lining of the colon and rectum). All women aged 50 and older are at risk for developing CRC because that is the age at which polyps usually begin to form.

Regular screening is crucial since patients do not typically have symptoms in early stages for CRC, when the cancer is more curable.

Screening tests can find polyps, so they can be removed **before** they turn into cancer.

Cancer is the second leading cause of death for women in the United States. Too many of our loved ones are dying of cancers that could have been prevented or treated successfully, if detected earlier.

Early detection - finding a cancer before it spreads - gives you the best chance of survival.

Treatment for breast, cervical and colorectal cancer is more effective when detected in its early stages.

## NEW JERSEY CANCER EDUCATION & EARLY DETECTION

- Provides early detection screenings for breast, cervical and colorectal cancer.
- Provides outreach and education
- Provides case management
- Provides follow-up to patients diagnosed through the NJCEED program.

For more information and to find out if you are eligible for a **Free** cancer screening,

**Make the Call!!!**  
**1-800-328-3838**



C2070



**Early Detection is  
Your Best Protection!!**

## Women's Health Awareness

Breast ♦ Cervical ♦ Colorectal  
Cancer



## Get Screened Today

For more information and to find out if you are eligible for **Free** cancer screenings,

Sussex County

Office of Public Health Nursing  
NJCEED Program

973-579-0570 x 1246 or 1248



## BREAST HEALTH AWARENESS

Breast cancer is the most common type of cancer among women. It is more treatable when it is found in its early stages. The risk of developing breast cancer increases with age. 80% of all women with breast cancer have no family history of the disease.

### RECOMMENDATIONS:\*

- Yearly mammograms for women starting at age 40.
- Clinical Breast Exam (CBE)  
Every 3 years for women in their 20's and 30's and every year for women aged 40 and over.
- Breast-Self Awareness: (BSA)  
Women should know how their breasts look and feel normally. Report any change to your health care provider as soon as you notice it.
- Breast Self-Examination: (BSE)  
Some health care providers recommend that women 20 years and older check their own breasts **MONTHLY** for lumps, thickness, discharge and other abnormalities. Women should contact their health care provider if there are any changes to either breast.

\*ACS Guidelines for the Early Detection of Cancer: <http://www.cancer.org/health/findcancerearly/cancerscreeningguidelines/american-cancer-society-guidelines-for-the-early-detection-of-cancer>  
\*\*Breast awareness and self-exam. <http://www.cancer.org/cancer/breastcancer/moreinformation/breastcancerearlydetection/breast-cancer-early-detection-ac-s-reacs-bse>

## WHAT IS A MAMMOGRAM?

A mammogram is an x-ray of the breast that can detect cancer. It can find breast cancer that is too small for you, your doctor or your nurse to feel. It is the best screening tool available to find cancer in its earliest stages. The test can be uncomfortable but that is necessary to get an accurate picture, and the discomfort only lasts a few seconds.

## WHAT IF I CAN'T AFFORD A MAMMOGRAM?

If you are 40 years or older, contact the NUCEED programs in your county to see if you are eligible for free screening services.

If you are 65 years or older and receive **Medicare**, screening mammograms performed at approved facilities are covered every year. In New Jersey, qualifying women are also eligible for full **Medicaid** coverage for the duration of their treatment if they are diagnosed with breast or cervical cancer through NUCEED.



## CERVICAL HEALTH AWARENESS

A Pap smear is a test that checks cells on the cervix (the opening of the uterus) for changes that could lead to cancer. A pelvic exam allows your health care provider to check for lumps or tenderness in your cervix, ovaries, and uterus.

Women who have cancer of the cervix may not have any symptoms, so regular check-ups are crucial.

### RECOMMENDATIONS:\*\*\*

For women who have not had abnormal pap smear tests:

Every 3 years, women between 21 and 65 years old should get a:

- Pap smear test and a
- Pelvic examination

Women between 30 and 65 years old should also get a:

- HPV testing  
(Human Papilloma Virus)

Women at high-risk or who have had abnormal pap smear results may need to undergo annual or more frequent testing (based on health care provider recommendations).

\*\*\*Finding cervical pre-cancers: <http://www.cancer.org/cancer/cervicalcancer/moreinformation/cervicalcancerpreventionandearlydetection/cervical-cancer-prevention-and-early-detection-find-pre-cancer-changes>