



Your eyes. Your smile. Your great sense of humor. There are a lot of great things you get from your family, but there can also be risks.

Know your family health history and learn the facts about cancer. Many communities face greater risk of disease. Talk to your physician about when to schedule screenings and what warning signs to watch.

Minnesota is consistently ranked as one of the healthiest states in the nation. Despite the overall status of our state, minority and underserved populations experience disproportionately poor health and high rates of illness and death.

The Masonic Cancer Center and the Program in Health Disparities Research at the University of Minnesota are committed to eliminating health inequities through collaborative research, innovative education, and community partnership in Minnesota and beyond.

Masonic Cancer Center
www.umn.edu

Cancer Information Line: (612) 626-2620

Program in Health Disparities Research
www.healthdisparities.umn.edu



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CANCER

YOUR "UNIQUE" RISKS



MASONIC CANCER CENTER
UNIVERSITY OF MINNESOTA

**Program in
Health Disparities Research**

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PROSTATE CANCER

- Prostate Cancer occurs more frequently in African American men than in other racial or ethnic groups.
- At age 40 men should have a discussion with a doctor about screening.
- Men whose fathers and/or brothers have had prostate cancer have a 2 to 3 times higher risk than men who do not.
- Prostate cancer is 99% curable if diagnosed at an early stage.



BREAST CANCER

- Breast cancer tends to occur at an earlier age in African American women and the risk of breast cancer increases with age.
- 50% of African American women's cancers are caught at a later stage.
- For most women, screening with a mammogram should begin at age 40. If your mother or sisters had breast or ovarian cancer, you may need to start screening earlier. Discuss mammogram screening with your physician to decide what is best for you.



COLON CANCER

- In Minnesota, American Indians have the highest rate of colon cancer of any racial or ethnic group.
- Colon cancer is the second leading cause of cancer death, but is almost entirely preventable with adequate screening.
- For most people screening should begin at age 50. There are several methods of screening. Discuss with your doctor what may be the best way for you.
- If you have close relatives with colon cancer you should begin screening earlier for colon cancer and the preferred method is colonoscopy.



LUNG CANCER

- In Minnesota, American Indians have the highest rates of lung cancer.
- Death from lung cancer is the leading cause of all cancer death.
- People exposed to tobacco, radon, asbestos and air pollution have the highest risk.
- Heavy smokers or former heavy smokers over the age of 55 can get a CT scan to screen for lung cancer.
- Screening finds cancer earlier when it can be more successfully treated.



CERVICAL CANCER

- In Minnesota, African American, Hmong and Hispanic women have higher rates of cervical cancer than other racial or ethnic groups.
- Cervical cancer is caused by a virus known as the Human Papilloma virus or HPV, which is sexually transmitted.
- About 80% of both men and women may develop HPV at some point.
- A vaccine is available for boys and girls who have not yet become sexually active. It can prevent most HPV infection.

- Before the introduction of the Pap test, cervical cancer was the leading cause of death in women in the U.S. Today it is quite rare for those who are screened. Girls should begin cervical cancer screening at age 21. A pap swab is used to screen for cervical cancer.
- Women who are not screened have the highest risk of dying from cervical cancer.
- Frequency of screening depends on a woman's age and whether or not she has abnormal cervical cells and/or tests positive for HPV infection. Discuss how often you should be screened with your doctor.

