

<u>MEDICAL CONDITION</u>	<u>SUGGESTED SOLUTIONS</u>	<u>DISEASE MANAGEMENT/ SCREENING GUIDELINES IN THE UNITED STATES</u>	<u>STATISTICS / RISK REDUCTION</u>
Cancer screening	Find out if you need a hematologist/oncologist (doctor specializing in the treatment of cancer and blood disorders).	<p>For individuals undergoing periodic health examinations, a cancer-related checkup should include health counseling and may need to include examinations for cancers of the thyroid, oral cavity, skin, lymph nodes, testes, and ovaries as well as for some non-cancer related diseases.</p> <p>(Cancer Facts & Figures 2008, American Cancer Society, Inc., Surveillance Research, National Center For Health Statistics, Centers for Disease Control and Prevention, 2008 www.cancer.org/downloads/STT/2008CAFFfinalsecured.pdf)</p> <p>Surveillance Research, National Center For Health Statistics, Centers for Disease Control and Prevention, 2008)</p>	<p>CANCER Cancer is a leading cause of death worldwide.</p> <p>In 2008, about 565,650 Americans were expected to die of cancer which would be more than 1,500 people a day.</p> <p>The estimated number of deaths in the U.S. for 2008 were as follows: Oral Cavity & Pharynx; 7,590 Stomach; 10,880 Colon; 49,960 Lung & Bronchus; 161,840 Skin (excluding basal & squamous); 11,200 Melanoma; 8,420 Other non-epithelial skin; 2,780 Breast; 40,930 Genital system; 57,820 Urinary system; 27,810 Brain and other nervous system; 13,070 Thyroid; 1,590 Myeloma; 10,690 Leukemia; 21,710</p> <p>(Cancer Facts & Figures 2008, American Cancer Society, Inc., Surveillance Research www.cancer.gov/cancertopics/commoncancers)</p>
Cancer Prevention	<ul style="list-style-type: none"> See grocery shopping guide (Attachment 1) for maintaining a low fat, low sugar diet with unlimited vegetables, white meats; whole grains in moderation (never be hungry or you may indulge in the wrong food). <p>My weight is _____</p> <p>My height is _____</p> <p>My BMI is _____</p> <ul style="list-style-type: none"> Aerobic exercise and weight bearing exercise of moderate 	<ul style="list-style-type: none"> Exercise Guidelines recommended by the Centers for Disease Control and Prevention and the National Institute of Health state that greater than or equal to 30 minutes of moderate activity daily should be done as a part of a healthy lifestyle. High risk patients (example: with cardiac disease) should be in a medically supervised program. Appropriate programs would be advisable for individuals with 	<p>According to a report from the World Cancer Research Fund (WCRF) and American Institute for Cancer Research (AICR), eating a balanced, nutritious diet, maintaining physical activity, and decreasing body fat may allow some prevention of the following cancers –</p> <ul style="list-style-type: none"> endometrial cancer: 70%, esophageal cancer: 69%, cancer of the mouth, pharynx and larynx: 63%, stomach cancer: 47%, colorectal cancer: 45%, pancreatic cancer: 39%,

	<p>intensity should be done for about ½ an hour to 1 hour a day (be sure you are cleared by your doctor if you have heart/lung/joint disease).</p> <ul style="list-style-type: none"> You may need to be in a medically supervised exercise program if you have had previous heart disease, weakness or joint disease. You would need to be evaluated by your physician before starting a regular exercise program if you have a history of heart disease, or if you have 2 or more of the following risk factors for heart disease: being 45 years of age or older, have an immediate family member with a history of heart disease prior to age 55 years, are a smoker, have high blood pressure, have diabetes mellitus, are above your ideal body weight, and/or do not have an active life style. (Jonathan Meyers, PhD. Circulation. 2003; 107: e2-e5. http://circ.ahajournals.org/cgi/content/full/107/1/e2) <p>My exercise duration is _____</p>	<p>physical/neurological deficits.</p> <p>(www.guidelines.gov)</p>	<p>breast cancer: 38%, lung cancer: 36%, kidney cancer: 24%, cancer of the gallbladder: 21%, cancer of the liver: 15%, cancer of the prostate:11%.</p> <p>There could be 24% prevention of all cancers.</p> <p>(2007 Expert Reports; Findings from Policy and Action for Cancer Prevention – Food, Nutrition, and Physical Activity: a Global Perspective; World Cancer Research Fund; American Institute for Cancer Research) http://www.dietandcancerreport.org/</p> <p>http://www.webmd.com/cancer/news/2009</p>
<p>Pulmonary status (lung):</p>	<p>Find out if you need a pulmonologist (lung specialist).</p>		<p>Lung cancer causes about 1.3 million deaths each year globally.</p> <p>The estimated number of deaths yearly for cancer of lung and bronchus are 161,840 in the United States.</p>
<p>Colonoscopy :</p>	<p>After age 50 to check for colonic polyps or cancer. To be done by a gastroenterologist; (G.I. doctor specializing in diseases of the stomach, intestines, colon, liver, pancreas).</p> <p>My last colonoscopy was on _____.</p> <p>My colonoscopy shows _____ _____ _____.</p>	<p><u>COLON AND RECTAL CANCER:</u> Colonoscopy every 10 years or sigmoidoscopy every 5 years for men and women age 50 and up. Other tests (stools for occult blood) might be performed instead of or in addition to colonoscopy/sigmoidoscopy if you or your doctor prefer. Additional tests or earlier testing might be useful for individuals with an increased risk for colon or rectal cancer.</p>	<p>Colon cancer causes 655,000 deaths per year globally.</p> <p>The estimated number of deaths yearly for cancer of the colon is 49,960 in the United States.</p> <p>Stomach cancer causes about 1 million deaths per year globally.</p> <p>The estimated number of deaths yearly for cancer of the stomach is 10,880 in the United States.</p>

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Prostate Evaluation:	<ul style="list-style-type: none"> PSA level to screen for prostate carcinoma Continuing problems with urination may require an evaluation by an urologist (surgical specialist for bladder, prostate, and kidneys). <p>My PSA level is _____.</p> <p>My urology visit was on _____.</p>	<p><u>PROSTATE CANCER:</u> Yearly prostate-specific antigen (PSA) blood test and digital rectal exam should be considered for men age 50 and up. Earlier testing might be useful for some men with increased risk for prostate cancer.</p> <p>(Source: American Cancer Society Guidelines For The Early Detection Of Cancer. http://www.cancer.org/docroot/PED/content/PED_2_3X_ACS_Cancer_Detection_Guidelines_36.asp)</p>	<p>Globally, 250,000 new cases of prostate and testicular cancer are reported yearly.</p> <p>(http://www.who.int/mediacentre/news/releases/2003/pr27/en/print.html)</p> <p>The estimated number of deaths yearly for cancer of the prostate is 28,660 in the United States.</p> <p>(CA Cancer J Clin 2008;58:71-96)</p>
Gynecology evaluation:	<p>Check up for pap smear/mammogram</p> <p>My last mammogram was on _____ and showed _____.</p> <p>My last pap smear was on _____ and shows _____.</p>	<p><u>BREAST CANCER:</u> Yearly mammograms for women age 40 and up. Clinical breast exams for women starting in their 20s. Additional testing for certain women who have particularly high risk for breast cancer.</p> <p><u>CERVICAL CANCER:</u> Pap testing every year or liquid based Pap testing every 2 years for women who are sexually active or age 21 and up. Less frequent testing may be acceptable for some women, depending on their age, medical history, and past Pap test results.</p>	<p>Breast cancer causes 502,000 deaths per year globally.</p> <p>The estimated number of deaths yearly for cancer of the breast is 40,930 in the United States.</p> <p>(World Health Organization Fact Sheets: Cancer, http://www.who.int/mediacentre/factsheets/fs297/en/index.html)</p> <p>(Cancer Facts & Figures 2008, American Cancer Society, Inc., Surveillance Research www.cancer.gov/cancertopics/commoncancers)</p>