

ParkwayHealth China

Women's Health Series

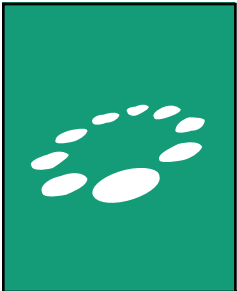
Reducing Your Risk of Cancer

Michelle Lu-Ferguson, M.D.

Chief of OB/GYN, ParkwayHealth China

Diplomate, American Board of OB/GYN

Fellow, American College of OB/GYN



Background

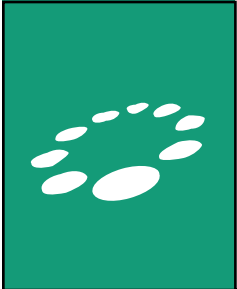
EDUCATION

- *Doctor of Medicine, Medical College of Ohio, USA*
- *Master of Science, New York University, School of Medicine, Environmental Medicine and Oncology*
- *Residency, Robert Wood Johnson Medical School- University of Medicine and Dentistry of New Jersey (UMDNJ), New Brunswick, New Jersey, USA*

CERTIFICATIONS

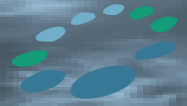
- Fellow, the American College of Obstetrics and Gynecology
- Diplomate, American Board of Obstetrics and Gynecology
- Member, the American Registry of Diagnostic Medical Sonographers in OB/GYN





Cancer Statistics

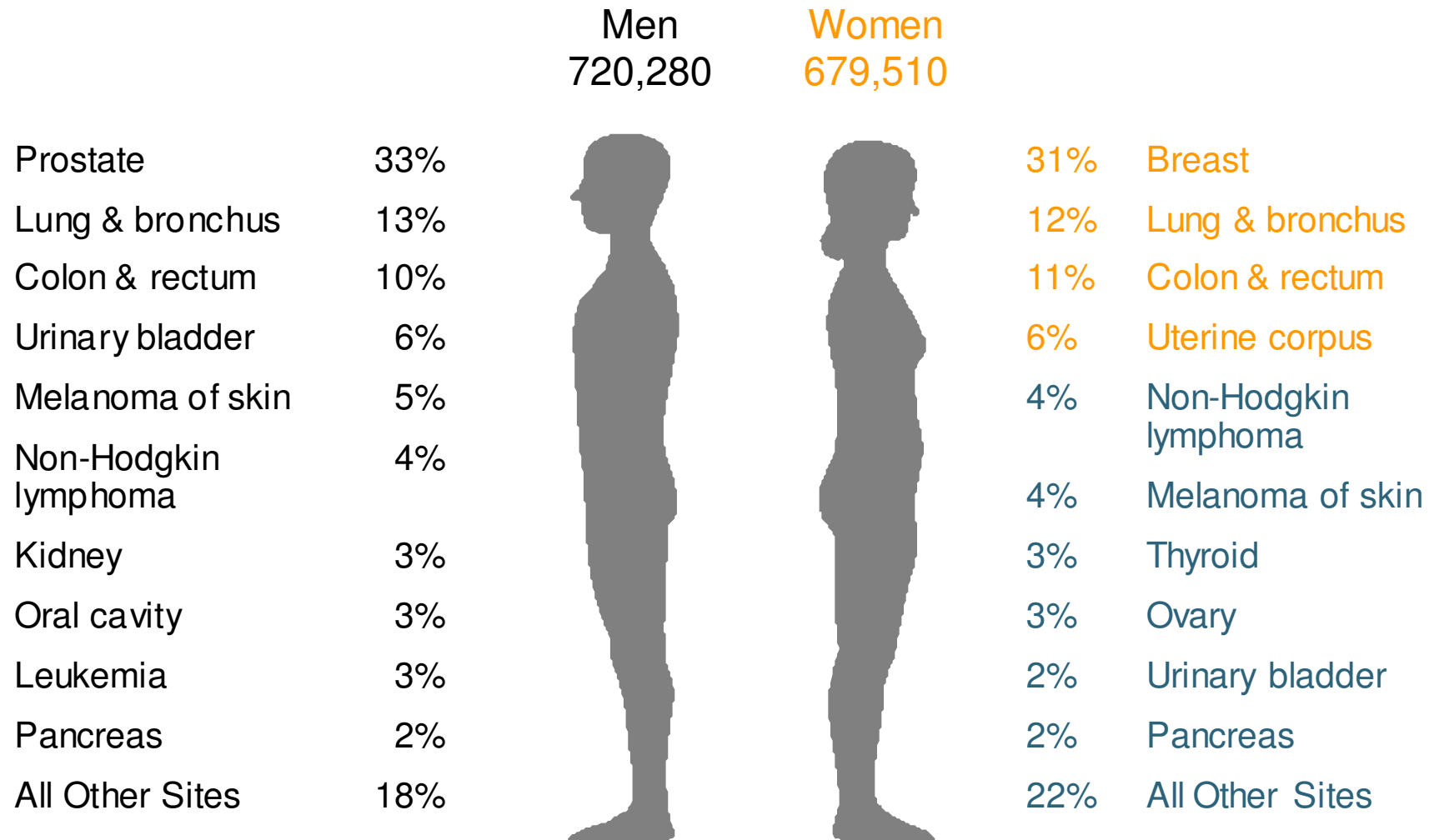
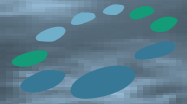
US Mortality, 2002



Rank	Cause of Death	# deaths	% of all deaths
1.	Heart Diseases	696,947	28.5
2.	<i>Cancer</i>	<i>557,271</i>	<i>22.8</i>
3.	Cerebrovascular diseases	162,672	6.7
4.	Chronic lower respiratory diseases	124,816	5.1
5.	Accidents (Unintentional injuries)	106,742	4.4
6.	Diabetes mellitus	73,249	3.0
7.	Influenza and pneumonia	65,681	2.7
8.	Alzheimer disease	58,866	2.4
9.	Nephritis	40,974	1.7
10.	Septicemia	33,865	1.4

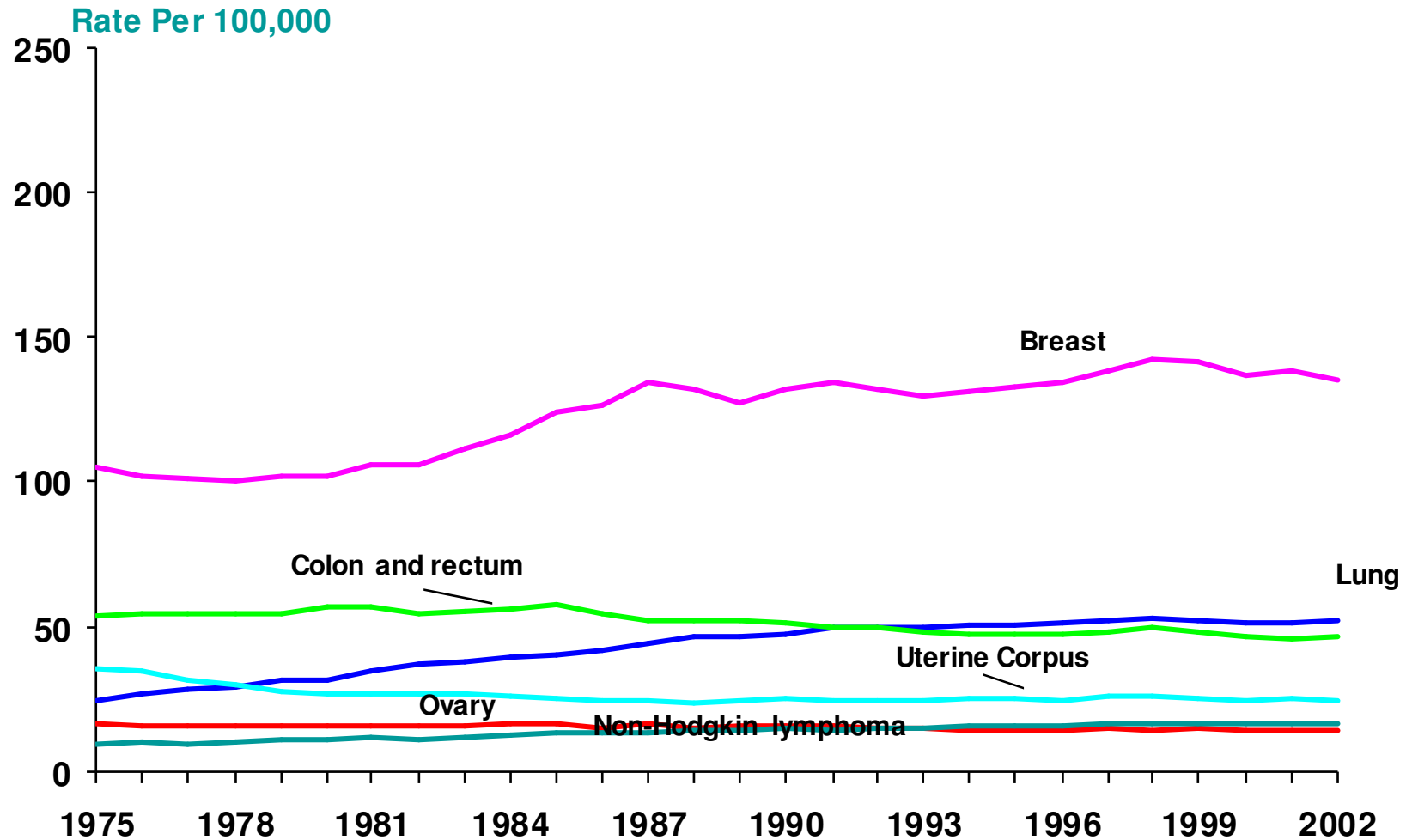
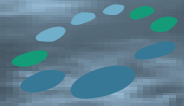
Source: US Mortality Public Use Data Tape 2002, National Center for Health Statistics, Centers for Disease Control and Prevention, 2004.

2006 Estimated US Cancer Cases*



*Excludes basal and squamous cell skin cancers and in situ carcinomas except urinary bladder.
Source: American Cancer Society, 2006.

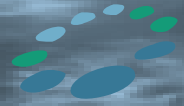
Cancer Incidence Rates* for Women, 1975-2002



*Age-adjusted to the 2000 US standard population.

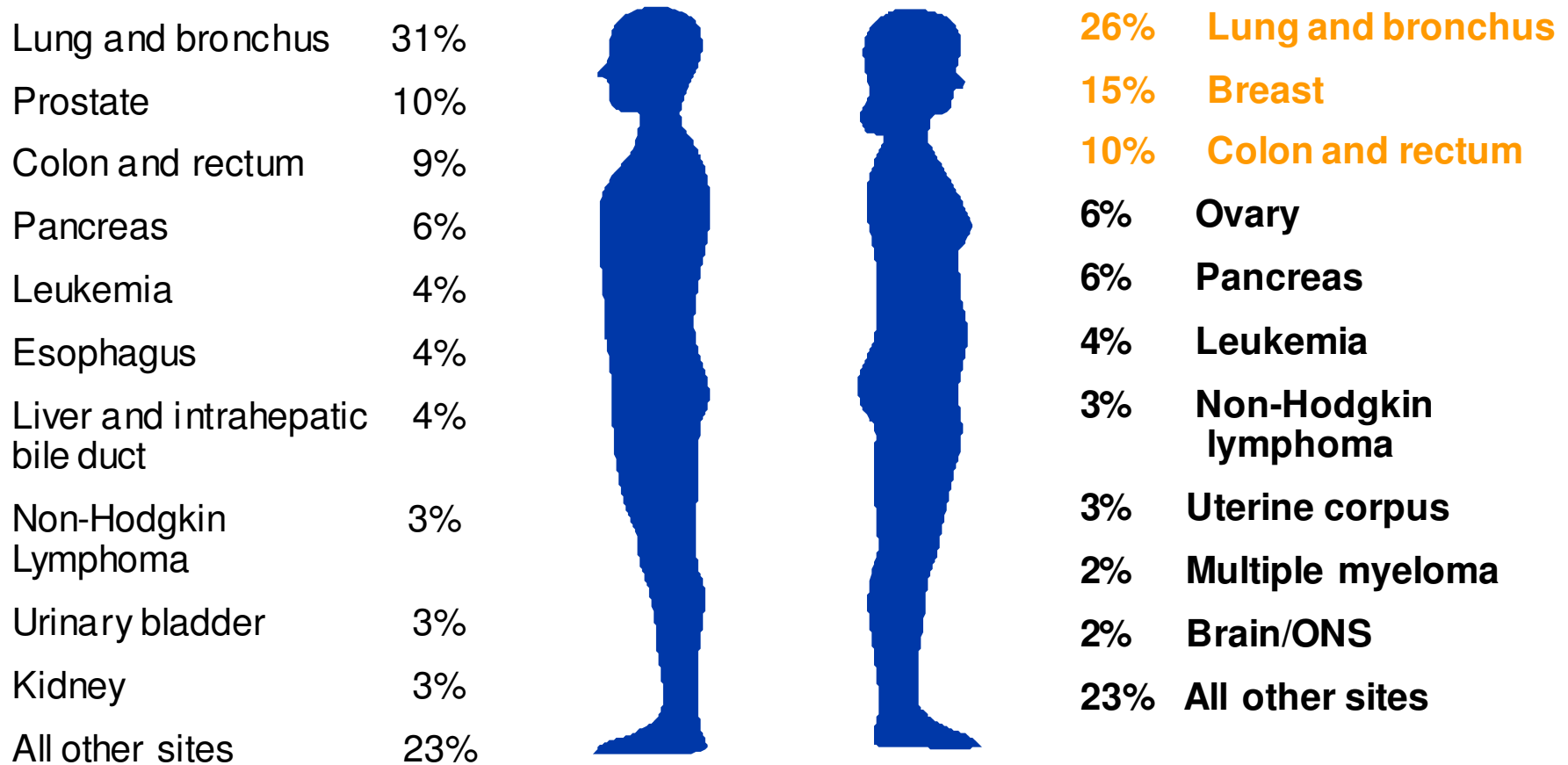
Source: Surveillance, Epidemiology, and End Results Program, 1975-2002, Division of Cancer Control and Population Sciences, National Cancer Institute, 2005.

2006 Estimated US Cancer Deaths*



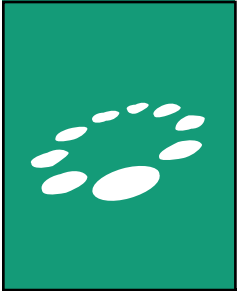
Men
291,270

Women
273,560



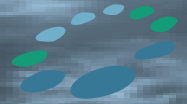
ONS=Other nervous system.

*Source: American Cancer Society, 2006.



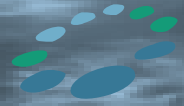
Importance of Cancer Screening

Cancer Screening and Prevention



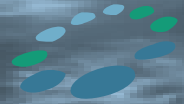
- A screening test looks for signs of disease in people who do not have symptoms
- It is a form of cancer prevention

Cancer Screening Saves Lives



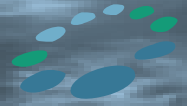
- Routine screening can reduce the number of people who die of **colorectal cancer** by as much as **60% or more**
- A mammogram every 1–2 years can reduce the risk of dying of **breast cancer** by approximately **20%–25%** over 10 years for women aged 40 years or older
- Pap tests can detect precancerous lesions so they can be treated before **cervical cancer** develops. Researchers in many countries found that rates of cervical cancer death dropped by **20%–60%** after screening programs began

Gold Example – PAP test

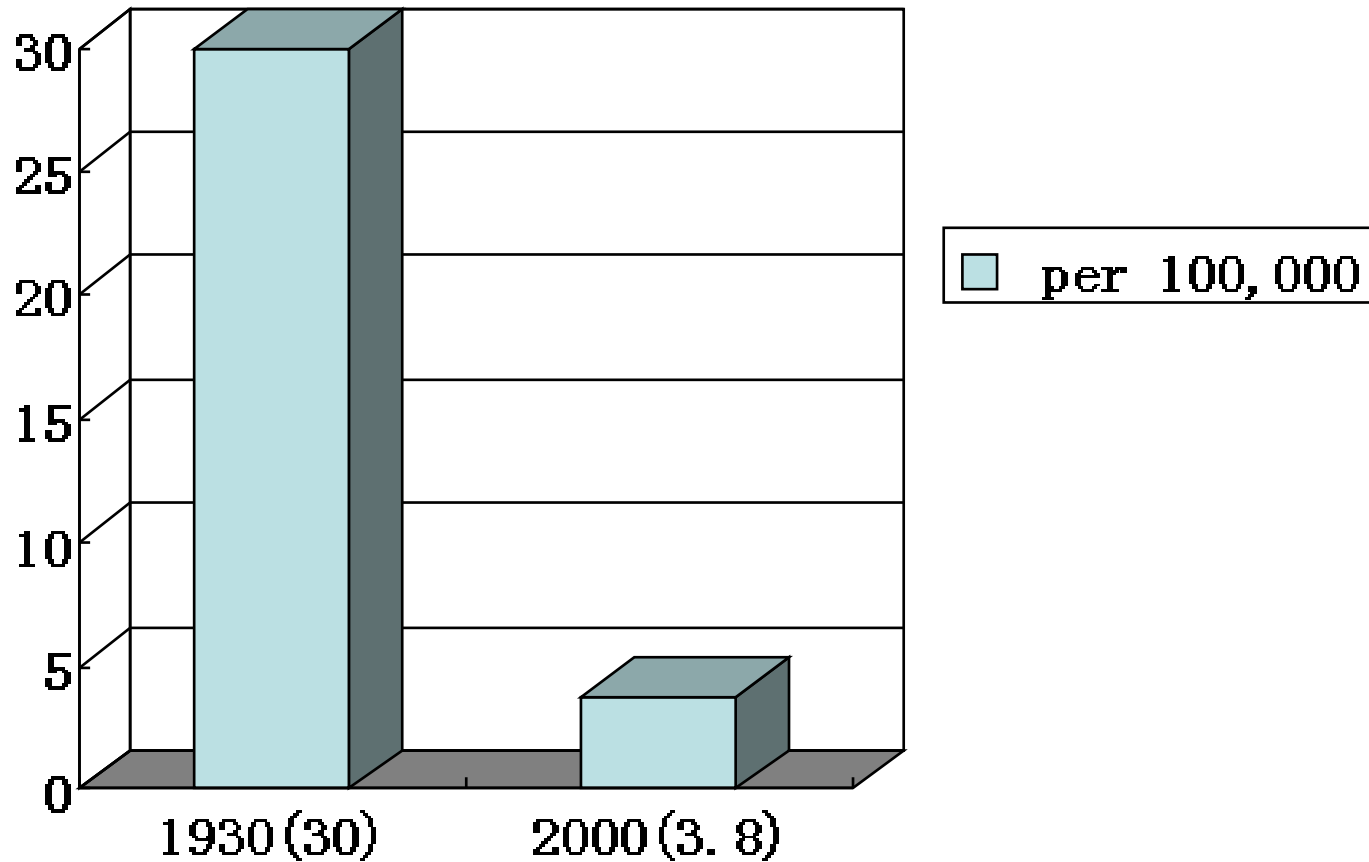


- A Pap test- a screening test, can detect pre-cancerous and cancerous cells on the cervix
- The prevention of cervical cancer is one of the most successful examples of cancer control and prevention
- Greek physician George **Pap**anicolaou: Inventor of the PAP smear

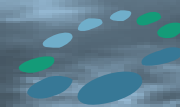
Cervical Cancer Mortality Rate



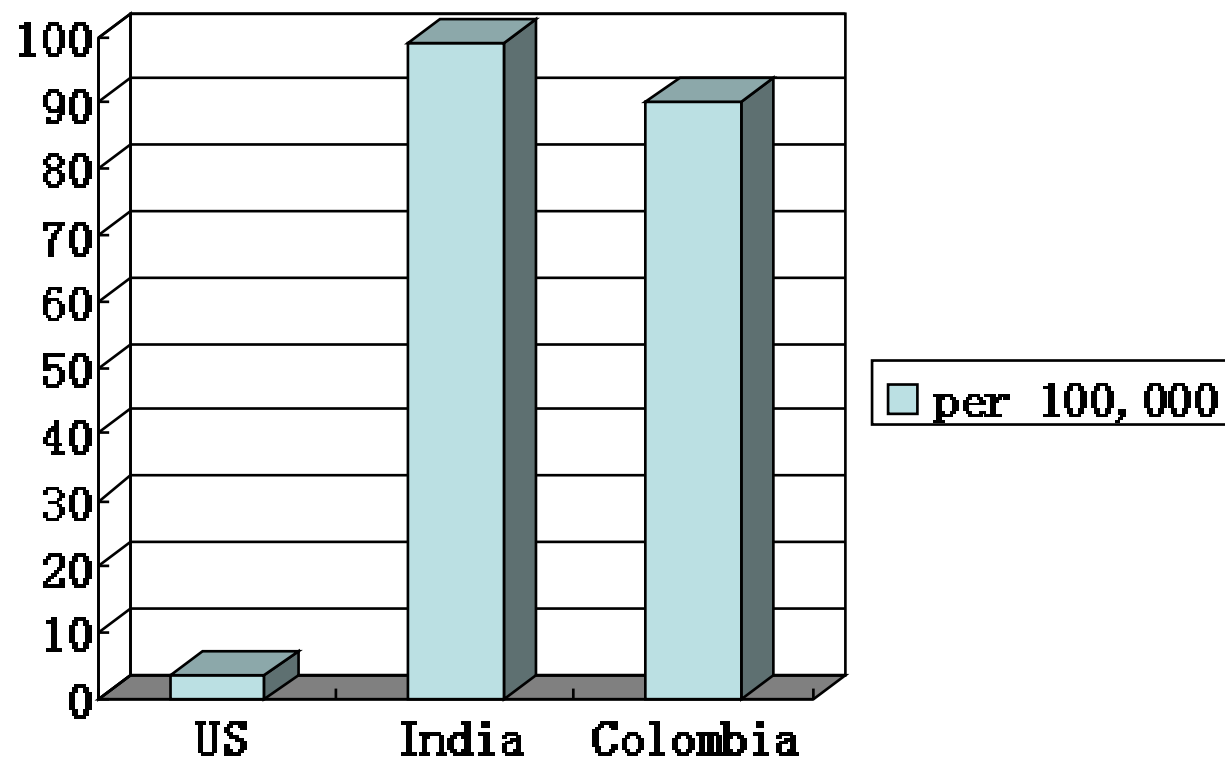
(1930-2000)

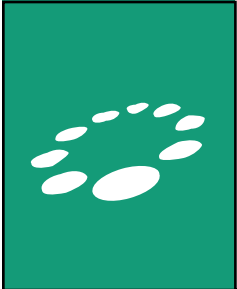


Cervical Cancer Incidence



(1999)

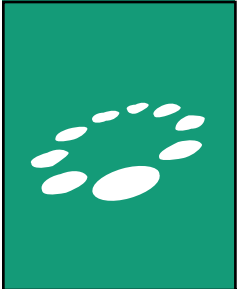




Cancer Screening

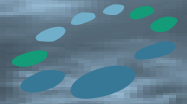


- **Cervical cancer**
- **Breast cancer**
- **Colorectal cancer**



Cervical Cancer

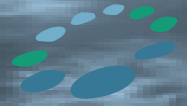
Cervical Cancer



Risk Factors

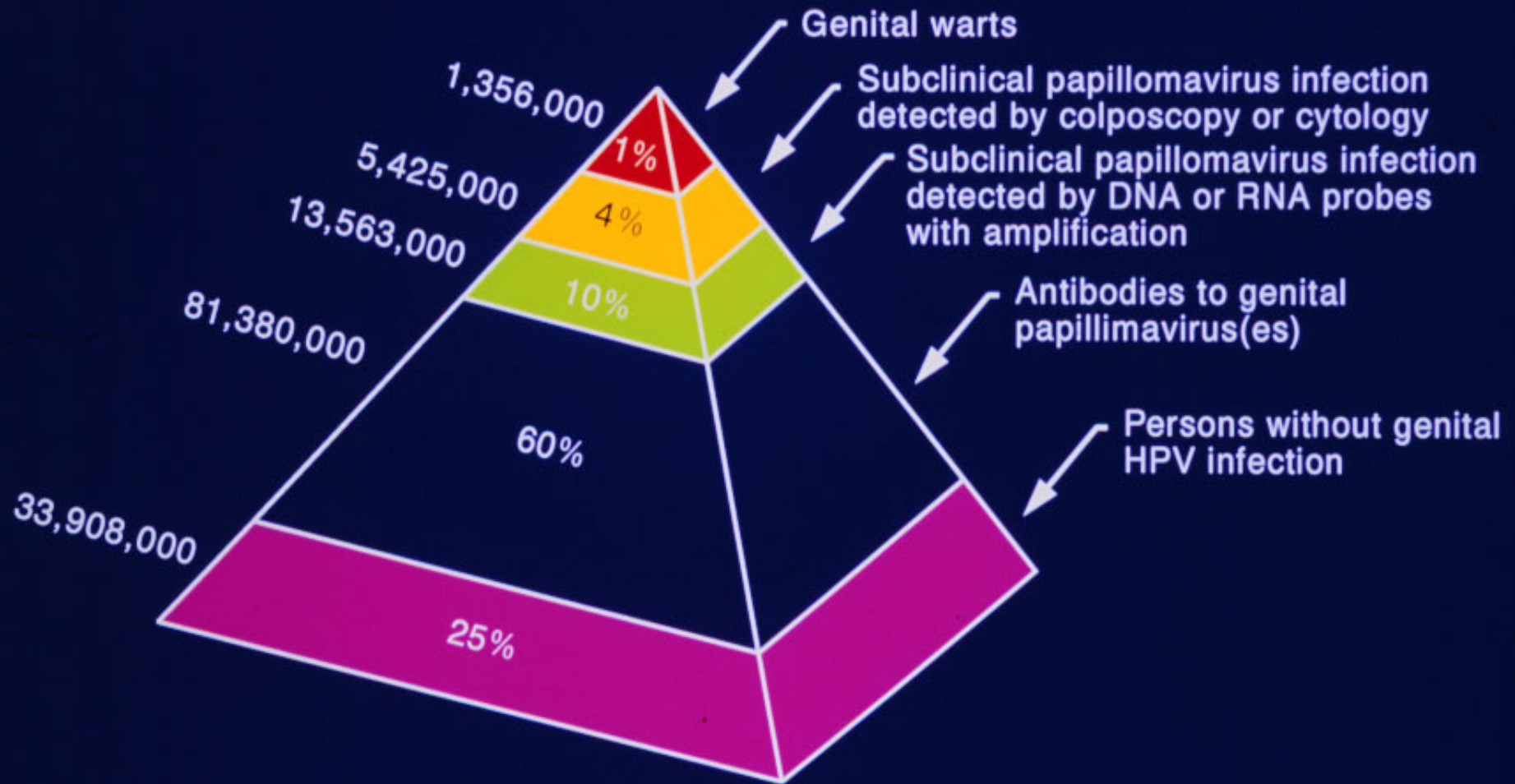
- First had sex at a young age
- Have more than one sexual partner (or male partners who have more than one partner)
- Have or have had certain sexually transmitted diseases, e.g. **HPV (Human Papilloma Virus)**
- Cigarette smoking

HPV (Human Papillomavirus)

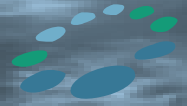


- > 50% of sexually active men and women acquire genital HPV infection at some point in their lives
- By age 50, at least 80 percent of women will have acquired genital HPV infection
- Persistent infection with 'high risk' types of HPV is the **main risk factor** for cervical cancer

Estimated Prevalence of Genital Papillomavirus Infection in Men and Women 15-49 Years of Age in the U.S.



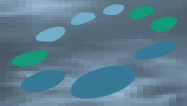
Cervical Cancer



Signs and Symptoms

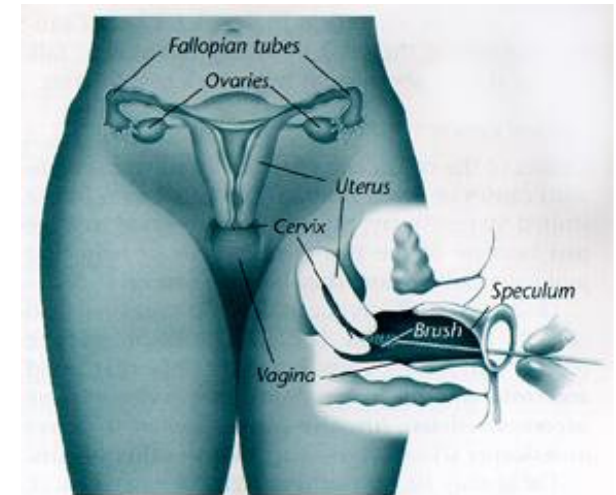
- Vaginal bleeding, especially postcoital bleeding
- Irregular or postmenopausal bleeding
- Malodorous vaginal discharge

Cervical Cancer - Screening

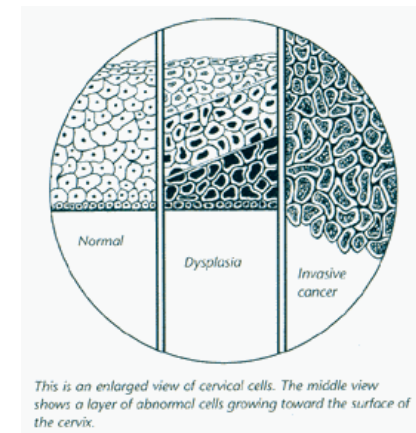
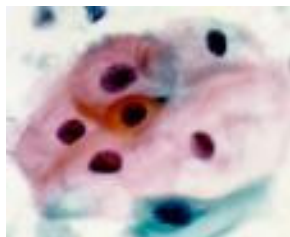


PAP test

- Initial test: Women who have been sexually active for more than 3 years or who are 21 years old
- Annual GYN / pelvic exam

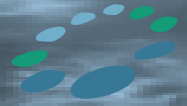


For the Pap test, a speculum is inserted into the vagina. A sample of the cells is collected with a small brush or swab.

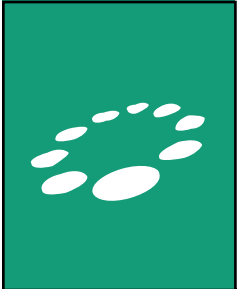


This is an enlarged view of cervical cells. The middle view shows a layer of abnormal cells growing toward the surface of the cervix.

HPV vaccine

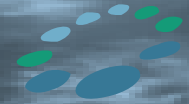


- Protects against the four types of HPV that cause the most cases of cervical cancer (70%) and genital warts (90%)
- Vaccine is given in 3 doses over a 6-month period
- Most effective if it is given before a woman is infected with HPV
- Recommended routinely for all girls ages 11-12 years - range from 9 to 26 years
- Vaccine does not protect against all types of HPV and will not prevent all cases of cervical cancer or genital warts; regular PAP tests should be done



Breast Cancer

Breast Cancer- Risk Factors

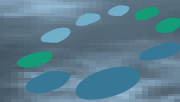


- **Age - 78% newly diagnosed >age 50**
 - 1/67 between 40-50
 - 1/36 between 50-60

- **Family history - 20%**

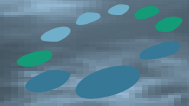
- **Personal history**
 - First menstrual period before age 12
 - First child after age 35 or no children
 - Certain breast diseases
 - Late menopause

Breast Cancer - Signs and Symptoms



- A lump, thickening, swelling or dimpling
- Irritation of the breast skin
- Nipple distortion, retraction or scaliness
- Nipple discharge or bleeding, pain or tenderness

Breast Cancer - Screening

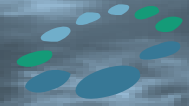


Mammography

- Women aged **40 years or older**: every year*
- Earlier screening if relatives with breast or ovarian cancer before menopause
- Still the best available method-an average of 1 to 4 years before a woman can feel a lump

* Recommendation of American Cancer Society

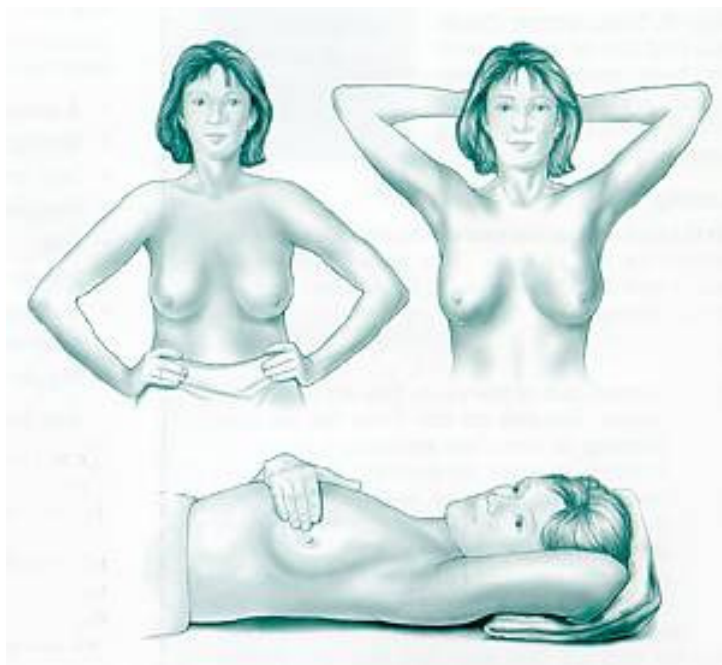
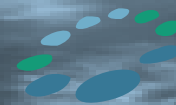
Breast Cancer - Screening



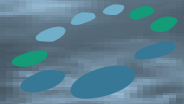
- Clinical Breast Exam (CBE) by a health professional
 - Women in their 20s and 30s: every 3 years
 - Women after age 40: every year
- Breast Self-examination (BSE)
 - Women should know how their breasts normally feel and report any breast change promptly
 - Age to start BSE: 20s

* Recommendation of American Cancer Society

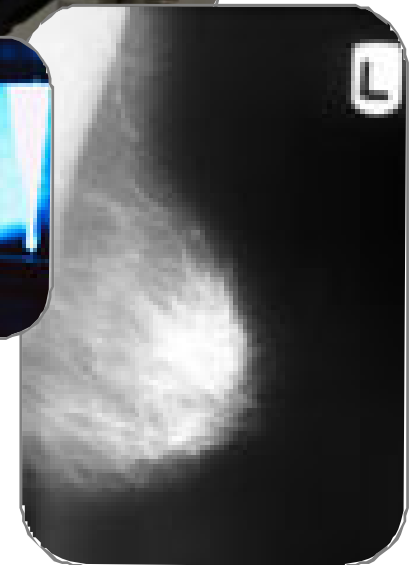
Breast Self-Exam

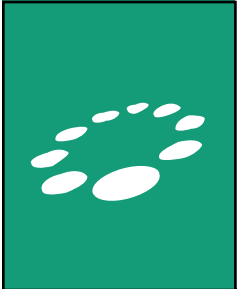


Parkway Health offers digital mammography



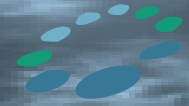
Senior Radiologist
Dr. Margaret Pui





Colorectal Cancer

Colorectal Cancer

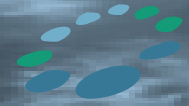


(Cancer of Colon and Rectum)

■ Risk Factors

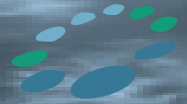
- Family history
- Women age 50 or older
- Inflammatory bowel disease
- Diet (high in fat, low in fiber)
- Excess alcohol

Colorectal Cancer - Signs and Symptoms



- Change in bowel habits
- Bleeding from the rectum
- Blood in the stool
- Stools that are more narrow than usual
- Abdominal discomfort (bloating, cramping, or frequent gas pains)
- A feeling that you need to have a bowel movement right after a bowel movement

Guidelines for Colorectal Cancer Screening



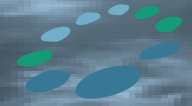
(Individuals at Average Risk)

Beginning at age 50, both men and women should follow one of these 5 screening options:

- A fecal occult blood test (FOBT) or fecal immunochemical test (FIT) - every year
- Flexible sigmoidoscopy (FSIG) - every 5 years
- Annual FOBT or FIT and flexible sigmoidoscopy - every 5 years
- A double-contrast barium enema - every 5 years
- A colonoscopy - every 10 years

New U.S. Preventive Services Taskforce guidelines

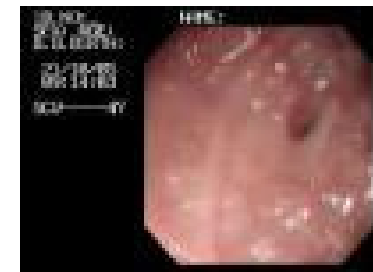
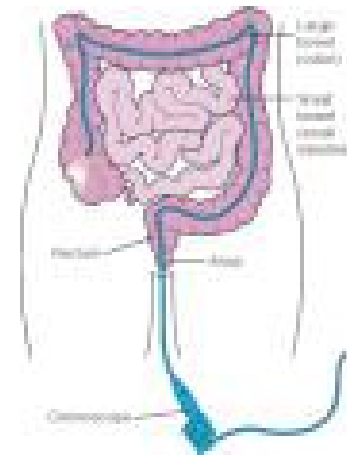
ParkwayHealth offers Colonoscopy/Endoscopy



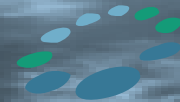
Senior Gastroenterologist
Dr. Bo Sun



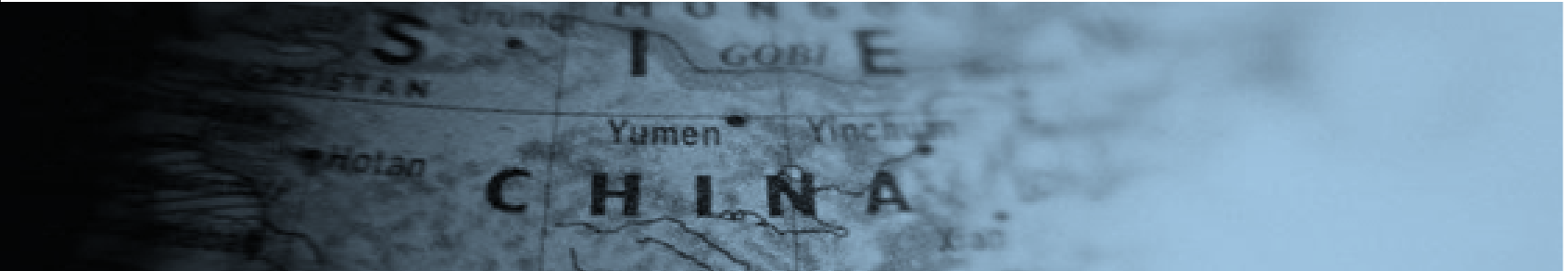
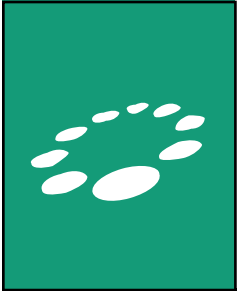
90% of colorectal cancer
is treatable if detected early



Tips to Reduce Your Risk of Cancer

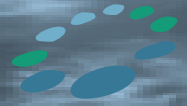


- Don't smoke
- Limit your intake of fat
- Eat high-fiber foods
- Get regular health checkup
- Exercise
- Limit your time in the sun
- Pay attention to changes in your body
- Limit your number of sexual partners
- Have screening tests on time
- Limit alcohol intake



THANK YOU !!!

Contact Information



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