



LiveHealthy

September Screening Reminders

Ovarian and Prostate Cancer Awareness Month

As September rolls in, many things start to change. One thing that remains the same, however, is the importance of regular screenings to catch life-threatening diseases such as ovarian and prostate cancer in their early stages.

Ovarian Cancer

All women are at risk for ovarian cancer, but older women are more likely to get the disease than younger women, according to the Centers for Disease Control and Prevention.

About 90 percent of women who get ovarian cancer are older than age 40, with the greatest number of cases occurring in women age 60 or older. Ovarian cancer causes more deaths than any other cancer of the female reproductive system, but it accounts for only about three percent of all cancers in women.

Ovarian cancer may cause one or more of these signs and symptoms:

- Vaginal bleeding or discharge from your vagina that is not normal for you
- Pain in the pelvic or abdominal area (the area below your stomach and between your hip bones)
- Back pain
- Bloating, which is when the area below your stomach swells or feels full
- Feeling full quickly while eating
- A change in your bathroom habits, such as having to pass urine very badly or very often, constipation, or diarrhea

Pay attention to your body, and know what is normal for you. If you have vaginal bleeding that is not normal for you, see a doctor right away. These symptoms may be caused by something other than cancer, but the only way to know is to see a doctor. The earlier ovarian cancer is found and treated, the more likely treatment will be effective.

September 2016

What Should I Know About Screening?

There is no simple and reliable way to screen for ovarian cancer in women who do not have any signs or symptoms.

Screening is when a test is used to look for a disease before there are any symptoms. Cancer screening tests work when they can find disease early, which is when treatment works best.

Diagnostic tests are used when a person has symptoms. The purpose of diagnostic tests is to find out, or diagnose, what is causing the symptoms. Diagnostic tests also may be used to check a person who is considered at high risk for cancer.

The Pap test does not check for ovarian cancer. The only cancer the Pap test screens for is cervical cancer. Since there is no simple and reliable way to screen for any gynecologic cancer except for cervical cancer, it is especially important to recognize warning signs, and learn what you can do to reduce your risk.

Recognize important warning signs

Here is what you can do:

- Pay attention to your body, and know what is normal for you
- If you notice any changes in your body that are not normal for you and could be a sign of ovarian cancer, talk to your doctor about them
- Ask your doctor if you should have a diagnostic test — such as a rectovaginal pelvic exam, a transvaginal ultrasound, or a CA-125 blood test— if you have any unexplained signs or symptoms of ovarian cancer; these tests sometimes help find or rule out ovarian cancer

Prostate Cancer

Prostate cancer is the most common cancer in American men. The risk factors include age (the older a man is, the greater the risk) and family history.

While some men do not have symptoms at all, others experience:

- Difficulty starting urination
- Weak or interrupted flow of urine
- Frequent urination, especially at night
- Difficulty emptying the bladder completely
- Pain or burning during urination
- Blood in the urine or semen
- Pain in the back, hips, or pelvis that doesn't go away
- Painful ejaculation

If you have any symptoms that worry you, be sure to see your doctor right away. Keep in mind that these symptoms may be caused by conditions other than prostate cancer.

Source: CDC.gov

Recipe Row

Roast beef & charred vegetable sandwich

Ingredients (serves 4)

1/4 cup plain nonfat yogurt
2 tablespoons light mayonnaise
1 ounce crumbled blue cheese
2 tablespoons fresh scallions
4 plum tomatoes
1 red onion (small)
3/4 lb. lean roast beef sliced thinly
Fresh lettuce; 4 onion rolls

Directions

In a small bowl, combine the yogurt, mayonnaise, blue cheese and scallions. Heat a large non-stick skillet coated with cooking spray over medium high heat. Add the tomatoes and onion and cook for 3 minutes per side, or until lightly charred. Layer the roast beef, onion, tomatoes, and lettuce on the bottom half of the onion rolls. Drizzle with the blue cheese dressing. Cover with roll tops.

Nutrition (per serving)

Calories: 210 Total Fat: 7g
Sat. Fat: 2g Protein: 9g

Nutrition: 300 Calories/16g fat/1.5g saturated fat/36g carbohydrate/ 6g protein. More recipes: capitalbluestore.com/blog/Recipes.

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