

I CAN NEWSLETTER

Fighting cancer through science, healthy living, and prevention

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Cancer Screening Fast Facts

- **Cancer Free at Any Age: Checklist for Your Next Checkup**
<http://bit.ly/9YjJDC>
- **Breast Cancer**
<http://bit.ly/alaTGD>
- **Cervical Cancer**
<http://bit.ly/cscJuF>
- **Colorectal Cancer**
<http://bit.ly/cscJuF>
- **Prostate Cancer**
<http://bit.ly/fgEppQ>
- **Skin Cancer**
<http://bit.ly/eAmF45>

Inside Texas Oncology

- **Find a Location**
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About Texas Oncology

Texas Oncology delivers high-quality cancer care with leading-edge technology and advanced treatment and therapy options to help patients fight cancer, right in their own communities.

A pioneer in community-based cancer care, Texas Oncology is an independent oncology practice with sites of service throughout Texas, southern New Mexico, and southeastern Oklahoma.

Related practices include Texas Breast Specialists (<http://bit.ly/9D7Jaz>) and Texas Urology Specialists (<http://bit.ly/bYGNLJ>). Texas Oncology patients have the opportunity to take part in some of the most promising clinical trials in the nation for a broad range of cancers. For more information, visit www.TexasOncology.com.



New Year, New You: Make a Lifesaving Resolution

The new year is here. As 2011 brings a fresh start and a host of resolutions, Texas Oncology encourages everyone to set aside time for their health and well-being.

An unfortunate reality of the year's close is that 2010 brought more than 100,000 new cancer diagnoses and 30,000 cancer-related deaths in Texas alone. However, it's possible that up to 35 percent of premature cancer-related deaths can be avoided through screening, according to the National Cancer Institute.

“It's clear that regular screenings can lead to improved early detection of several cancer types.

Some cancers, such as those of the breast and prostate, have a very high survival rate if detected early.”

– Billie Marek, M.D.
Medical Oncologist at Texas Oncology–McAllen

By making a commitment to screen for cancer, men and women can launch the new year with a lifesaving resolution and actively participate in the fight against one of the nation's deadliest diseases.



Sorting Out the Screening Confusion

Over the past 50 years, cancer screening capabilities and guidelines have evolved immensely. As research identifies new insight into cancer, physicians adapt their recommendations for preventing, screening for, and treating cancer.

“Advancements in technology and research have brought a new perspective for specific cancer types, revealing how and when to screen for certain cancers,” said Dr. Marek.

Guidelines for cancer screenings adapt to new information. Recently, various organizations revised longstanding screening guidelines. Not everyone in the medical community agrees with each recommendation.

“The important thing to remember is to seek information from a reputable source and to talk with your physician about what screenings and timing are recommended for your particular case.

The bottom line is that screening saves lives, and every life saved through early detection is a victory in the fight against cancer.”
– Billie Marek, M.D.

Texas Oncology physicians recommend specific timing and regular intervals for screenings based on age, gender, family history, and type of cancer. See back page for a checklist.



Men: Resolve to Get Screened in 2011

For some of the most commonly diagnosed cancers in men, symptoms may not present themselves until later stages. Fortunately, screening exams exist for several of these cancers to detect cancer at early stages, when treatment is most effective.



Known as a silent killer because it often shows no symptoms, prostate cancer is among the country's most commonly diagnosed and deadly cancers.

Men should consult with their physician to make an informed decision about screening, as prostate cancer has a high survival rate if detected early.

“Prostate cancer screening will usually begin at age 50, but men who face higher risks (African American men and those with a family history of the disease) should discuss with their physicians their options for earlier screening.”

Men also need to consult their physicians regarding colorectal cancer screening, which usually begins at age 50.”

– Billie Marek, M.D.

In addition, men should check for changes in moles, freckles, and other marks on the skin every month, reporting any changes to a physician.

Women: Check Your Skin; Know Your Body; Get Screened

Through mammograms, Pap tests, colonoscopies, and skin monitoring, women can screen for some of the most commonly diagnosed cancers.

Although breast cancer is the second deadliest cancer for women, it has a very high survival rate if detected early thanks to screening exams.

“Mammograms detect 80 to 90 percent of breast cancers in women without symptoms, so maintaining a regular mammogram and self-exam schedule is critical,” said Dr. Marek.

Annual Pap tests and HPV vaccines prove very effective in identifying and preventing cervical cancers. While cervical cancer was once a leading cause of cancer death for women, the number of deaths has decreased dramatically due to prevention and early detection.

“With so many screening options available to women for several cancer types, it is crucial that all women take advantage of these lifesaving measures and get screened regularly.”

– Billie Marek, M.D.



Like men, colorectal cancer is the third deadliest cancer for American women. Women should discuss with their physicians their screening options. Also like men, women should closely monitor their skin monthly and consult their physician for any changes noticed.



Cancer Screening Checklist

Cancer screenings can save lives. Texas Oncology recommends timing for screenings based on age, gender, family history, and cancer type.

Consult with your physician if you have increased risk factors or a family history of cancer because you may need to have earlier, more extensive, or more frequent screenings.

Every age:

- Check skin once a month for changes

Women of all ages:

- Self-breast exam once a month
- Clinical breast exam every 1-3 years
- Pap test once a year

40s & 50s:

- Women:** Mammogram once a year beginning at age 40
- Men:** Prostate cancer screening beginning at age 50
- Everyone:** Colorectal screening beginning at age 50

- For more information, including specific risk factors, visit <http://texasoncology.com/media-center/fact-sheets/cancer-screening.aspx>.



NCI Recommends CT Scans to Detect Lung Cancers

In November 2010, the National Cancer Institute (NCI) released the results of an important study that found CT scans used as a screening tool reduced lung cancer mortality rates in smokers by up to 20 percent, compared to chest X-rays. This study offered hope toward the early detection of lung cancer, which previously had no reliable screening test.



Lung cancer tops the statistics as the deadliest cancer in the United States, with more than twice the deaths of the second deadliest cancer, colorectal cancer. With nearly 90 percent of all lung cancer deaths in the United States attributed to tobacco use, the results of the NCI study affect a significant number of people.

While more research is needed to fully develop screening guidelines, Texas Oncology encourages men and women who smoke to consult their physicians to determine if a CT scan is a good option for them, as each patient's individual case may vary from another.