

Make a plan to live cancer free

CANCER PREVENTION TIPS

A healthy and active lifestyle is your first defense when it comes to stopping cancer before it starts. Early screening is the best way to know your risk of cancer. At Aetna Global Benefits (AGB), we recognize the importance of living a healthy lifestyle and of understanding personal health information to help you curb chronic conditions. That's why we've outlined the following health and preventive care tips to help reduce your risk of cancer.

CURB CANCER

Did you know that you have the power to reduce your risk of bowel and stomach cancers by decreasing your intake of foods like red meat and sodium? Do you know how to reduce the risk of breast cancer? By following the wellness tips below, you can help reduce your risk of a number of cancers:

- Maintain a healthy weight through a balanced diet and regular physical activity
- Be physically active for at least 30 minutes every day
- Limit consumption of foods that are high in fats and low in fiber
- Reduce the amount of added sugars in your diet

- Eat more fruits, vegetables, whole-grains and beans
- Try to avoid processed meat (like bacon, ham, salami and corned beef)
- Limit your daily alcohol intake:
 - > Men should avoid drinking more than two drinks per day
 - > Women should avoid drinking more than one drink per day
- Reduce the amount of salt in your diet
- Avoid smoking

KNOW YOUR RISK

Early testing is the best method to understanding your risk of cancer. The following cancer screening guideline provides recommendations for those with an average risk of cancer. Talk with your doctor or nurse to determine your specific screening plan.



The risk of cancer varies depending on sex, age and family history, among other factors. Most risks of cancer can be lowered by maintaining a healthy lifestyle.

CANCER TESTS CHART FOR WOMEN

Cancer Type	At what age should I have my first test?	What type of test should I have?	How often should I be tested?
Breast Cancer	20 years	<ul style="list-style-type: none"> ■ Monitor your breasts for any changes, such as a lump, by doing a Breast Self-Exam ■ Have a doctor or nurse exam your breasts 	Annually A minimum of every 3 years
	40 years	<ul style="list-style-type: none"> ■ Get a mammogram ■ Have a doctor or nurse exam your breasts ■ Monitor your breasts for any changes, such as a lump, by doing a Breast Self-Exam. Contact your doctor or nurse immediately if there is a change. 	Annually
Cervical Cancer	Three years after you begin to have sex or at age 21	<ul style="list-style-type: none"> ■ Have a standard Pap test or liquid Pap test 	Annually (standard); Every two years (liquid)
	Age 30	<ul style="list-style-type: none"> ■ Have a standard or liquid Pap test 	<ul style="list-style-type: none"> ■ Following three normal Pap tests consecutively: have a standard Pap test annually or liquid Pap test every two years ■ If you have not had three normal Pap tests consecutively: have a Pap test every 1-2 years
Colon Cancer	Age 50	<ul style="list-style-type: none"> ■ Have one of the following tests: <ul style="list-style-type: none"> > Flexible Sigmoidoscopy (a test to look into the lower part of your colon) > Barium Enema (an X-ray of the colon) > Colonoscopy (a test to look into the entire colon) > A CT scan of the entire colon > A test to check for blood in your stool > A test to check for cancer cells in your stool 	Every 5 years Every 5 years Every 10 years Every 10 years Annually If needed
Other Cancer	Age 20	Have a doctor or nurse check your thyroid gland, mouth, skin, lymph nodes and ovaries	Each regular checkup

CANCER TESTS CHART FOR MEN

Cancer Type	At what age should I have my first test?	What type of test should I have?	How often should I be tested?
Colon Cancer	Age 50	<ul style="list-style-type: none"> ■ Have one of the following tests: <ul style="list-style-type: none"> > Flexible Sigmoidoscopy (a test to look into the lower part of your colon) > Barium Enema (an X-ray of the colon) > Colonoscopy (a test to look into the entire colon) > A CT scan of the entire colon > A test to check for blood in your stool > A test to check for cancer cells in your stool 	Every 5 years Every 5 years Every 10 years Every 10 years Annually If needed
Prostate Cancer	Age 45: Men with a close family member with prostate cancer	<ul style="list-style-type: none"> ■ Have a blood test to check your Prostate-specific antigen (PSA) and a rectal exam 	Annually
	Age 50: All other men	<ul style="list-style-type: none"> ■ Consult with a doctor or nurse to decide if you can benefit from a prostate cancer test 	Annually
Other Cancer	Age 20	Have a doctor or nurse check your thyroid gland, mouth, skin, lymph nodes and ovaries	Each regular checkup

Consult with your doctor to decide if you should have any of the tests listed above earlier than the suggested ages.

The recommendations are based on people with an average risk for cancer. Guidelines can vary for those with an increased risk for cancer.

Important Note: This information has been compiled for your convenience only. You should consult your health care provider for the advice and care appropriate for your specific medical needs.

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