



# 3 ways to reduce cancer risk

From regular screenings to healthy habits, we're here to support you at every step.

## 1 Talk with your doctor

Your doctor is your partner in health. By getting in touch early and often, your doctor can guide you toward healthy habits, recommend screenings, connect you to specialists on your care team, and more.



### Make an appointment

To schedule an appointment, sign in to [kp.org](https://kp.org) or create your account at [kp.org/register](https://kp.org/register). You'll get access to many time-saving tools and resources to help you stay on top of your health.



### Build your relationship

Let your doctor know about your family's cancer history or symptoms you may be concerned about. By actively participating in your care, you can help your doctor create a personalized cancer prevention plan. Get tips on how to make the most of each appointment with your doctor at [kp.org/make-the-most](https://kp.org/make-the-most).



### Stay connected

Go to [kp.org](https://kp.org) to email nonurgent health questions to your doctor or get follow-up care online. You can also download the app at [kp.org/mobile](https://kp.org/mobile) to access many time-saving tools on the go.

*(continues on next page)*

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 1300 SW 27th St., Renton, WA 98057

(continued)

## 2 Get regular screenings

Many common forms of cancer can be detected early, when it's more treatable – leading to better outcomes. Talk with your doctor to see which preventive screenings are best for you. For quick recommendations based on your health history, go to [kp.org/screening-tool](https://kp.org/screening-tool) before your visit.<sup>1</sup>

Types of screenings	When to screen
<b>Colon cancer screening</b> – You can screen for colon cancer by scheduling an in-person colonoscopy or completing an at-home stool sample test.	If you're at low risk for colon cancer, start getting screened at 50 – earlier if you're high risk due to family history. The recommended screening age for Black Americans is 45. Colon cancer screenings are typically done every 10 years until you're at least 75.
<b>Breast cancer screening</b> – Your doctor can recommend a few screening options for you, including mammograms.	Starting mammograms at 40 (if you're high risk) is an option you can discuss with your doctor. By 50, you should get mammograms every 1 to 2 years.
<b>Cervical cancer screening</b> – Your personal doctor or gynecologist will use a pap test or HPV testing to screen for cervical cancer.	After you turn 21, your doctor may recommend screening every 3 to 5 years – or more often, depending on your medical and screening history.
<b>Prostate cancer screening</b> – Prostate-specific antigen (PSA) tests are blood tests that screen for prostate cancer, usually given to men who have no symptoms.	Talk to your doctor before deciding whether to get tested for prostate cancer. Due to higher risk, Black American men may start screening at 45.
<b>Lung cancer screening</b> – Screenings are done with CT scans, which use X-rays to make detailed pictures of structures inside of the body.	Consider screenings if you're 50 or older and have smoked 20 packs or more per year within the last 15 years.

(continues on next page)

1. The online screening tool and chart above are for educational use only. They're not intended or designed as substitutes for the reasonable exercise of independent clinical judgment by practitioners, considering each patient's needs on an individual basis. Guideline recommendations apply to populations of patients. Clinical judgment is necessary to design treatment plans for individual patients.

(continued)

### 3 Practice prevention

Screenings aren't available for every type of cancer. However, there are still many things you can do outside the doctor's office to stay aware of your body and take action to improve your overall health.

#### Know the symptoms and signs

Some cancers give clues about what's going on inside your body.

**Symptoms** are things only you can experience. For example, bright red blood after a bowel movement can be a sign of rectal bleeding – a common symptom of colorectal cancer.

**Signs** are things people can identify. Early signs of skin cancer, for example, are changes in shape, color, or size of moles or lesions. Learn more at [kp.org/skin-self-exam](https://kp.org/skin-self-exam).

Many of these signs and symptoms are the same as other minor conditions. So if you notice something that's not normal for you, get it checked out so your doctor can guide you through next steps.

#### Make lifestyle changes

At least 42% of newly diagnosed cancers in the U.S. are potentially avoidable.<sup>2</sup> You can make many lifestyle changes that may help prevent cancer, such as staying active, avoiding alcohol, eating healthy, and using sunscreen. For ideas, tips, and resources, visit [kp.org/lifestyle-changes](https://kp.org/lifestyle-changes).

### Care the way it should be

Cancer care at Kaiser Permanente starts with prevention and is powered by clinical data from millions of real members like you. This helps us learn quickly, innovate how we deliver care, and improve health outcomes in a way other providers can't. Our personalized approach to care also means we can:



#### Catch problems early

Your Kaiser Permanente care team uses your electronic health record to see when you're due for screenings, helping catch and address problems before they become serious.



#### Personalize your care

In a single, connected system, it's easy for Kaiser Permanente doctors to work together and share expertise to ensure your care is tailored to you at every step.



#### Connect you with specialists and experts

When you need care, your Kaiser Permanente doctor works with you and other departments – across locations and specialties – to deliver seamless, effective care.

2. *Cancer Facts & Figures*, American Cancer Society, 2021.