

Supplementary Data

How to Stay Healthy and Lower Your Risks for Breast and Colon Cancer

- ❖ Exercise.
- ❖ Eat 5 fruits and vegetables each day.
- ❖ Do not smoke.
- ❖ Try not to drink alcohol.

Breast Cancer Screening

- ❖ Have a mammogram every year beginning at age 40.
- ❖ Have a clinical breast exam every 3 years if you are in your 20s or 30s. If you are 40 or older, this should be done every year.
- ❖ Women should know how their breasts normally feel and report any breast change promptly to their health care providers. Breast self-exam (BSE) is an option for women starting in their 20s.

If you would like to schedule a mammogram at the downtown VCU Health System call (XXX) XXX-XXXX.

For a mammogram at Stony Point, call (XXX) XXX-XXXX.

Colon Cancer Screening

- ❖ Beginning at age 50, use one of the tests below. Talk to your doctor about which test is best for you and how to schedule the test.

Tests that find polyps and cancer

- Flexible sigmoidoscopy every 5 years
- Colonoscopy every 10 years
- Double contrast barium enema every 5 years
- CT colonography (virtual colonoscopy) every 5 years

Tests that mainly find cancer

- Fecal occult blood test (FOBT) every year
- Fecal immunochemical test (FIT) every year
- Stool DNA test (sDNA)

These tips do not replace your doctor's advice. If you or your doctor has questions, please call (XXX) XXX-XXXX.