## Cancer Unveiled: Empowering Knowledge for Health



- 87+ years, started by Railway Mail Carriers
- 2+ million members worldwide
- One of the largest carriers in the FEHB

- Exclusively Federal / Postal / Annuitants
- Extensive nationwide network of doctors, dentists, hospitals and other providers
- Your friend in federal



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- You will find a PDF of the slides in the Resources list
- Closed captioning will be available during the webinar
- The webinar audio will be played through your computer.
   No need to mute your device.
- Technical issues:
  - Try refreshing your browser
  - Use Chrome browser for the best viewing experience
- Non-technical questions? Email <u>webinars@geha.com</u>

### **Agenda**

- Cancer facts
- Breast cancer
- Lung cancer
- Prostate cancer
- Colorectal cancer
- Skin cancer
- Cervical cancer
- Q&A





## **Polling question**

#### What increases the risk of cancer?

- a) Smoking
- b) Poor nutrition
- c) Lack of physical activity
- d) All the above





## **Cancer facts**



#### **Cancer statistics**

- >2 million cases of newly diagnosed cancers estimated for 2024
- 611,720 cancer-related deaths expected in 2024
- At least 42% of newly diagnosed cancers are potentially avoidable
- About 5% of cancers are hereditary
- Top cancers among men: prostate, lung, colorectal
- Top cancers among women: breast, lung, colorectal





### **Cancer disparities**

- Social Determinants of Health
- Statistics
  - Black/African American
  - Rural Appalachians
  - Hispanic/Latinos
  - Native Americans/ Alaska Natives
  - LGBTQ+





### **Cancer prevention**

- Eliminate tobacco use
- Eliminate or limit alcohol use
- Eat a healthy diet
- Get regular physical activity
- Be safe in the sun
- Get annual checkups, screenings and vaccinations





## **Breast cancer**





### **Breast health**

- 2nd leading cause of death from cancer in women
- Breast structure
- Risks
  - Age
  - Family history
  - Alcohol use
  - Overweight or obesity
- Regular screening is key

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Source: National Cancer Institute



# **Breast cancer screening** and detection

- U.S. Preventive Services Task Force screening recommendations:
  - Ages 50- 74: screen every two years
  - Ages 40- 49: option to start screening every two years
- Mammograms
  - 2-D and 3-D
- Breast ultrasound
- Breast MRI
- Monthly self-exams





# Lung cancer





### **Lung health**

- Leading cause of death from cancer in men and women
- Lung structure
- Types of lung cancer
- Risks
  - Smoking
  - Second-hand smoke
  - Radon





# Lung cancer screening and detection

- Prevention is key
- U.S. Preventive Services Task
   Force screening recommendations:
  - Low-dose CT scan for adults with no symptoms but high risk



## **Prostate cancer**





#### **Prostate health**

- 2nd leading cause of death from cancer in men
- Prostate structure
- Types of prostate cancer
- Risks
  - Age
  - Race
  - Family history



Source: American Cancer Society



# Prostate cancer screening and detection

- Symptoms
  - Early stage
  - Advanced state
- Screenings
  - Digital rectal exam
  - PSA test









### **Colorectal health**

- 3<sup>rd</sup> leading cause of death from cancer
- Colon structure
  - Large intestine
- Functions of the colon
- Polyps
  - Adenomas
  - Hyperplastic & inflammatory
  - SSP & TSA
- Early detection is key

GEHA Government Employees Health Association

Source: American Cancer Society



# **Colorectal cancer screening and detection**

- U.S. Preventive Services Task Force screening recommendations:
  - People 45 to 75 years of age:
  - Stool tests
  - Flexible sigmoidoscopy every 5 years
  - Colonoscopy every 10 years
  - CT colonography every 5 years





## Skin cancer





#### **Skin health**

- Most common type of cancer
- Skin is the body's largest organ
  - Epidermis
  - Dermis
- Types of skin cancer
  - Basal cell carcinoma
  - Squamous cell carcinoma
  - Melanoma



Source: National Cancer Institute



# Skin cancer screening and detection

- Prevention is key
  - Slip on a shirt
  - Wear sunscreen
  - Slap on a hat
  - Wrap on sunglasses
- Recommendations
  - Self-exam monthly
  - Clinical examinations





# Cervical cancer





### **Cervical health**

- Incidence rates continue to drop
- Cervix structure
- Types of cervical cancer
  - Squamous cell carcinoma
  - Adenocarcinomas
  - Adenosquamous carcinomas





## **Cervical cancer screening and detection**

- HPV vaccine
  - Ages 9-12
- U.S. Preventative Services Task Force recommendations:
  - Ages 21 29
    - PAP test every three years
  - Ages 30 65
    - Combined HPV and PAP test every 5 years – OR –
    - PAP test every 3 years



Source: American Cancer Society

### **Polling question**

\_\_\_\_\_ is the most common form of cancer in humans.

- a) Lung cancer
- b) Leukemia
- c) Skin cancer
- d) Colorectal cancer



## Wrap-up

- Cancer facts
- Breast cancer
- Lung cancer
- Prostate cancer
- Colorectal cancer
- Skin cancer
- Cervical cancer





### **GEHA** member resources

- Elevate and Elevate Plus plans
  - Rally digital health platform
  - Learn more at <u>geha.com/WellnessPays</u>
- High, Standard and HDHP plans
  - GEHA Well-being portal
  - Learn more at <u>geha.com/HealthRewards</u>
- All GEHA plans
  - Healthy recipes and health and wellness articles
  - Learn more at <u>geha.com/Blog</u>
  - GEHA's Active&Fit®
- GEHA website for benefit information geha.com



# Thank you

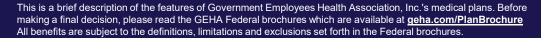
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Q&A chat will go on through 1 p.m. Eastern time



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