

Cancer Unveiled: Empowering Knowledge for Health



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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+

Source: National Cancer Institute



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

Source: [American Cancer Society](#)

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

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

Source: Centers for Disease Control & Prevention

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

Source: [American Cancer Society](#)



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

Source: Centers for Disease Control & Prevention

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

Source: [Centers for Disease Control & Prevention](#)

Colorectal cancer





Colorectal health

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

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

Source: [Centers for Disease Control & Prevention](#)

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

Source: [Centers for Disease Control & Prevention](#)

Cervical cancer





Cervical health

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

Source: National Cancer Institute



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 geha.com/WellnessPays
- High, Standard and HDHP plans
 - GEHA Well-being portal
 - Learn more at geha.com/HealthRewards
- All GEHA plans
 - Healthy recipes and health and wellness articles
 - Learn more at geha.com/Blog
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Thank you

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

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