



# City of Hope Honors Black History Month

## TAKING ACTION FOR YOUR HEALTH



Watch your calcium intake. Avoid taking more than 1,500 mg of calcium supplements a day.



Enjoy five or more servings, or half your plate, of fruits and vegetables daily, opting for whole grains.



Limit the amount of fat you get from red meat and dairy products.



Eating more fish may help protect against prostate cancer because of "good fat" — particularly omega-3 fatty acids.



Avoid smoking and drink alcohol in moderation, if at all.



Enjoy 150 minutes of moderate intensity activity weekly. Just 25 minutes of walking or practicing your favorite sport every day can help reduce your risk.



[www.cityofhope.org/coe](http://www.cityofhope.org/coe)

### Cancer Screening and Prevention

Getting regular screenings is one of the most important steps for preventing cancer. Also by enjoying 5-9 servings of fruits and vegetables, exercising, reducing alcohol and stopping tobacco and e-cigarette use — you can lower your risk of many cancers and other illnesses.

The Human Papillomavirus (HPV) vaccine is recommended for 9-12 years old to prevent HPV linked cancers (e.g. cervical, throat cancers). Also, persons up to age 45 should get the HPV vaccine as soon as possible.

**Cancer screening can prevent cancer, and/or detect cancer early and save lives. Schedule your checkup and talk to your health care provider about cancer screening today!**

<https://tinyurl.com/COE-ENG-SURVEY>



Use a phone to scan code for our 2-minute survey. Please complete anonymous survey to help us offer better health resources.

CANCER	TEST	AGE	FREQUENCY
COLON	Stool-Based Test (FIT/FOBT)	45 to 75	Yearly
	Stool-DNA Test (Cologuard)		Every 3 years
	Colonoscopy		Every 10 years
LUNG	Low Dose Computed Tomography Scan of Chest	50 and over (high risk former or current smokers, smoked 20+ pack years)	Yearly
BREAST	Clinical Breast Exam	20 to 39	Part of a regular health exam, preferably every year
	Mammogram	40 and over	Part of a regular health exam, preferably every 3 years
		40 to 54	Yearly
CERVICAL	Pap Test	21 to 65	Every 3 years
		30 to 65	Every 5 years
	Primary Human Papillomavirus (HPV) Test or Pap Test and HPV Test		
PROSTATE	PSA (Prostate-Specific Antigen) Blood Test and Digital Rectal Exam	45 and over (high risk)	If PSA is 2.5 ng/ml or greater, testing should be repeated yearly. Men with a PSA of less than 2.5 ng/ml may be tested every other year.

\*Adults 76 to 85, talk to your doctor about screening.

1-800-826-HOPE (4673)

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## CITY OF HOPE

### A National System



- 2022 NCI Cancer Center Exceptional Rating
- Named as one of the top 10 "America's Best Hospitals" in cancer by U.S. News & World Report.
- Provides personalized, compassionate care with state of the art diagnosing and treatments based on pioneering drug research and therapies.
- Leading policy, legislations to increase care access.
- We believe every patient has a right to treatment regardless of background e.g age, race, ethnicity, gender, socioeconomics and other characteristics.
- 54% of our patients are ethnic minority; and 1,260 patients were on therapeutic treatment studies with 60% of these participants being ethnic minority.

## RESOURCES

ACS- Cancer Disparities in the Black Community  
 AACR- Cancer Disparities Progress Report  
 HHS- Office of Minority Health  
 NCI- Cancer Disparities  
 CDC Vital Signs – African American Health US Census  
 CDC-Family Health History  
 FDA- National Black Family Cancer Awareness

COH- Honoring Contributions to Cancer Care  
 BlackDoctor.org  
 National Black Nurses Association  
 NMA- Black African American Association  
 Black Social Workers  
 California Black Women's Health Project  
 National Association for the Advancement of Colored People  
 National Black Church Initiative  
 African American History Month