TeamCare News
Cancer Awareness – Ovarian and Prostate Health

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Information provided by:
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Upcoming Webinars

Webinar: Women's Health from A-Z
September 23rd from 12-12:30 pm

To register click on the link:
https://www2.gotomeeting.com/register/689845323

Please contact us for more information.

Protect Yourself from H1N1

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands often with soap and water and avoid touching your eyes, nose, or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like symptoms, the CDC recommends that you stay at home for at least 24 hours after your fever is gone, except to get medical care.

For more information visit:
http://www.cdc.gov/h1n1flu/general_info.htm

What puts me at risk?

If you have these risk factors your chance of getting these cancers increases. Talk with you doctor if you think you are at risk.

Ovarian cancer risk factors

- Age – the risk increases with age
- Having a family history of ovarian cancer
- Taking hormone replacement therapy after menopause
- Using fertility drugs
- Having increased levels of CA 125 (protein found in the blood)
- Obesity
- Having certain hereditary conditions, such as hereditary nonpolyposis colon cancer (HNPCC), also called Lynch Syndrome

For more information on ovarian cancer:
http://www.cancer.gov/cancertopics/pdq/screening/ovarian/Patient/page2

Prostate cancer risk factors

- Age – the risk increases with age
- Diet – A diet high in fat may be associated with an increased risk of prostate cancer
- Race – Blacks are at an increased risk of developing prostate cancer
- Family history - Having a father or brother with prostate cancer more than doubles a man's risk of developing this disease

For more information on prostate cancer:
http://www.cancer.org/docroot/CRI/content/CRI_2_4_2X_What_are_the_risk_factors_for_prostate_cancer_36.asp
http://www.cancer.gov/cancertopics/pdq/prevention/prostate/Patient/page2

Ways to Prevent Cancer

- Achieve or maintain a healthy weight
- Engage in at least 30 minutes of moderate physical activity on 5 or more days of the week
- Limit intake of processed and red meat
- Choose whole grains
- Eat 5 or more servings of fruits and vegetables per day

Information from: The American Cancer Society