

CANCER AWARENESS

THE IMPORTANCE OF SCREENING AND EARLY DETECTION

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As this year nears an end, we can think about all that we are thankful for. Family, friends, health and security rank at the top of the list. Unfortunately, most of us have had a loved one or know someone who has had to deal with some form of terminal illness. Most commonly, cancer. This devastating disease has attached itself to people in various forms. Cancer has no particular person, age, race, gender, or economic status to attack. We are all susceptible. We have heard the numerous stories of those who have prevailed against this devastating disease. But on the flip side, others have succumbed to this illness.




























While researching the monthly awareness programs, various forms of cancer were the common denominator.

In an effort to protect ourselves from this disease, we must begin to educate ourselves. There are preventive measures that we can take to help minimize our risk and also detect the illness as early as possible. It is vitally important that we have screening tests performed by our physician. **A screening test is done to detect potential health disorders or diseases in people who do not have any symptoms of disease. The goal is early detection and lifestyle changes or surveillance, to reduce the risk of disease, or to detect it early enough to treat it most effectively.** Screening tests are not considered diagnostic, but are used to identify a subset of the population who should have additional testing to determine the presence

or absence of disease. What makes a screening test valuable is its ability to detect potential problems, while minimizing unclear, ambiguous, or confusing results. While screening tests are not 100% accurate in all cases, it is generally more valuable to have the screening tests at the appropriate times, as recommended by your healthcare provider, than to not have them at all.

We owe it to ourselves and those who we love to take care of ourselves. One of our goals should be to live a healthier life. Enter into this New Year with an action plan. Make it realistic and not some out of this world, impossible to achieve plan. Involve your circle of loved ones to help keep you in line as you work to reach each milestone. A little effort and commitment on our behalf will go a long way. Happy Thanksgiving to all of our NPMHU family and friends!!!

Calendar of Cancer Awareness Months

January	February	March	April
 Cervical Cancer	National Cancer Prevention Month  Gallbladder/Bile Duct Cancer	 Colorectal Cancer  Kidney Cancer  Multiple Myeloma	 Testicular Cancer  Esophageal Cancer  Head & Neck Cancer
May	June	July	August
 Melanoma and Skin Cancer  Brain Cancer  Bladder Cancer	 National Cancer Survivor Month	 Sarcoma/ Bone Cancer	
September	October	November	December
 Childhood Cancer  Uterine Cancer  Leukemia  Lymphoma  Ovarian Cancer  Prostate Cancer  Thyroid Cancer	 Breast Cancer  Liver Cancer	 Pancreatic Cancer  Lung Cancer  Stomach Cancer  Carcinoid Cancer  Honoring Caregivers	 <p>HEALTHY BUSINESS IS TO END CANCER 1-888-348-HOPE www.choosehope.com</p>