



Parish Nurse Notes – April 6, 2025

Cancer Prevention and Early Detection Month

Early Detection = Better Outcomes

April is Cancer Prevention and Early Detection Month, reminding us of the importance of routine cancer screenings. These screenings can mean better outcomes for your health—that means more treatment options, more healthy days ahead, and more time with the people you love. This is a dedicated time to raise awareness about the importance of healthy behaviors and routine screenings to reduce your cancer risk. In 2024, the month of April was designated National Cancer Prevention and Early Detection Month. Since then, the Prevent Cancer Foundation has rallied individuals, organizations and the cancer prevention community to promote routine cancer screenings so everyone can achieve better health outcomes.

According to the Prevent Cancer Foundation’s 2024 Early Detection Survey, nearly 70% of U. S. adults are behind on at least one routine cancer screening.

Talk with your health care provider about any personal or family history of cancer to determine if you should begin any cancer screenings at an earlier age or be tested more frequently. Having one or more family members with a history of certain cancers, including breast, colorectal and prostate cancers, may place you at higher risk for the development of cancer. When it comes to checking your health, don’t wait for signs or symptoms of cancer to appear:

- Learn the routine cancer screenings you need
- Identify when and how often you need them
- Schedule your appointments.
- Be aware of the signs and symptoms of cancer so you can advocate for your health.
- Encourage your family to get the screenings they need. (Which can sometimes be from the comfort of their own home)

Check your health today—and encourage your friends and family to do the same—and pave the way for a world where cancer is preventable, detectable and beatable for all.

Resource – www.preventcancer.org

To contact Diane or Glenn, parish nurses, their email address is: parishnurse@fpcwinc.org or you can leave a message for them at 540-662-3824.

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Routine cancer screening can detect cancer early (even if you have no signs or symptoms!) and increases the likelihood your treatment will be successful.

Talk with your health care provider about any personal or family history of cancer to determine if you should begin any cancer screenings at an earlier age or be tested more frequently. Having one or more family members with a history of certain cancers, including breast, colorectal and prostate cancers, may place you at higher risk for the development of cancer.

Find your age & match screenings		20s	30s	40s	50s	60s	70s	80s
Breast cancer screening & check <i>If transgender, talk with health care provider.</i>	<i>Clinical breast exam</i>	●	●	●	●	●	●	●
	<i>Mammogram</i>			●	●	●	●	●
Cervical cancer screening <i>Ages 21-65. After age 65, talk with health care provider.</i>		●	●	●	●	●	Talk to provider	Talk to provider
Colorectal cancer screening <i>Ages 45-75. After age 75, talk with health care provider.</i>				●	●	●	●	Talk to provider
Dental oral cancer exam		●	●	●	●	●	●	●
Hepatitis B vaccination <i>Up to age 60 if not previously vaccinated. After age 60, talk with health care provider.</i>		●	●	●	●	●	Talk to provider	Talk to provider
Hepatitis C testing <i>At least once between ages 18-79.</i>		●	●	●	●	●	●	
HPV vaccination <i>Up to age 26 if not previously vaccinated.</i>		●						
Lung cancer screening <i>Active or past smokers who smoked a pack a day for at least 20 years. Talk to health care provider after age 80.</i>					●	●	●	●
Prostate cancer screening <i>Shared decision making beginning at age 50. If Black or if a close relative was diagnosed before age 65, start talks at 45. If more than one close relative diagnosed, start talks at age 40.</i>				●	●	●	●	●
Skin check		●	●	●	●	●	●	●
Testicular check		●	●	●	●	●	●	●

For more detailed information, visit preventcancer.org/screening

Last reviewed March 2024

