# TABLE OF CONTENTS

**Florida Hospital**—Your Health Partner................................................. 4  
Creating a Philosophy of Prevention....................................................... 6  
**Specific Cancer Screenings**................................................................. 7  
  - Breast Cancer........................................................................... 7  
  - Cervical & Ovarian Cancer......................................................... 9  
  - Colorectal Cancer................................................................. 11  
  - Lung Cancer......................................................................... 13  
  - Oral Cancer......................................................................... 13  
  - Prostate/Urological Cancer.................................................. 14  
  - Skin Cancer (melanoma)..................................................... 16  
Scheduling Your Screening Tests......................................................... 18  
The Florida Hospital Network of Cancer Care............................... 18
With as much change as we’ve seen over the years, our faith-based philosophy of treating the whole person — mind, body and spirit — has remained constant.

**Our whole person health philosophy means focusing on effective treatments for injury and illness while supporting wellness initiatives that help eliminate injury and illness altogether.** That’s where screenings come into play, along with making simple lifestyle changes, and a proactive approach to preventive health.

We Point You in the Right Direction.

Finding out you have cancer can be frightening, confusing and overwhelming for you and your family. At Florida Hospital, we’re here to answer all your questions with a specially-trained nurse navigator or oncology social worker who guides you through the process — from early detection to diagnosis and treatment.

As your single point of contact, this team member is your champion and friend throughout your journey. Florida Hospital is always here for you.
The best way to reduce and reverse the incidence of cancer is to encourage a preventive health screening culture in the community we live in. Florida Hospital wants you to be aware of your options and resources available in the local community.

The chance of developing some type of cancer generally increases over the course of an individual’s lifetime. In the United States, lifetime risk for men is 44 percent and 38 percent for women. The goal of a cancer screening is to detect cancer before it has spread (metastasized) to other sites in the body because earlier detection gives one a greater chance of being cured.

Creating a Philosophy of Prevention

Why is cancer screening important?

Cancer is the leading cause of death in the United States of people under age 85, and the second leading cause of death, after heart disease, for people over age 85. Cancer is also one of the most expensive diseases to treat, especially when detected at a late stage.

Getting screened increases the chances of being diagnosed at an earlier stage, when cancer can be more successfully treated. Early stage diagnosis and screenings are associated with longer survival rates.
Specific Cancer Screenings

Breast Cancer

- **Mammograms** are recommended yearly by the U.S. Department of Health and Human Services (HHS), the American Cancer Society (ACS), the American Medical Association (AMA) and the American College of Radiology (ACR) starting at age 40 and continuing for as long as a woman is in good health.

- **Clinical Breast Exam** (CBE) about every three years for women in their 20s and 30s and every year for women 40 and over.

- Women should know how their breasts normally look and feel and report any breast change promptly to their health care provider. **Breast Self-Exam** (BSE) is recommended for women starting in their 20s.

Some women — because of their family history, a genetic tendency, or certain other factors — should be screened with MRI in addition to mammograms. (The number of women who fall into this category is small: less than two percent of all the women in the U.S.). Talk with your doctor about your history and whether you should have additional tests at an earlier age.

Mammograms are used as a screening tool to detect early breast cancer in women experiencing no symptoms and to detect and diagnose breast disease in women experiencing symptoms such as a lump, pain or nipple discharge.

**Screening Mammography**

Mammography plays a central part in early detection of breast cancers because it can show changes in the breast up to two years before a patient or physician can feel them. Research has shown that annual mammograms lead to early detection of breast cancers, when they are most curable and breast-conservation therapies are available.

The National Cancer Institute (NCI) adds that women who have had breast cancer and those who are at increased risk due to a genetic history of breast cancer should seek expert medical advice about whether they should begin screening before age 40 and about the frequency of screening.

**How should I prepare?**

Before scheduling a mammogram, the American Cancer Society (ACS) and other specialty organizations recommend that you discuss any new findings or problems in your breasts with your doctor. In addition, inform your doctor of any prior surgeries, hormone use, and family or personal history of breast cancer.

Do not schedule your mammogram for the week before your period if your breasts are usually tender during this time. The best time for a mammogram is one week following your period. Always inform your doctor or x-ray technologist if there is any possibility that you are pregnant.

The ACS also recommends you:

- **Obtain prior mammograms** and make them available to the radiologist at the time of the current exam, if possible.
- **Ask when your results will be available.**

**What will I experience during and after the procedure?**

You will feel pressure on your breast as it is squeezed by the compression paddles. Some women with sensitive breasts may experience discomfort. If this is the case, schedule the procedure when your breasts are least tender. Be sure to inform the technologist if pain occurs as compression is increased. If discomfort is significant, less compression will be used.

For more Mammogram Education, go to FHcancer.org and visit the Patient Education & Prevention section.
Cervical Cancer

Cervical cancer is possible to prevent with regular screening tests and follow-ups. Two screening tests help find cervical cancer and can even help prevent the cancer from developing—

- The Pap test (or Pap smear) looks for precancerous cell changes on the cervix that might become cervical cancer if they are not treated appropriately.
- The HPV test looks for the virus (human papilloma virus) that can cause these cell changes.

The Pap test is recommended for all women and can be done in a doctor’s office or clinic.

Talk with your doctor, nurse, or other health care professional about whether the HPV test is right for you.

When you have a Pap test, the doctor may also perform a pelvic exam, checking your uterus, ovaries, and other organs to make sure there are no problems.

How to Prepare for Your Pap Test

You should not schedule your Pap test for a time when you are having your period. If you are going to have a Pap test in the next two days—

- You should not douche (rinse the vagina with water or another fluid).
- You should not use a tampon.
- You should not have sex.
- You should not use a birth control foam, cream, or jelly.
- You should not use a medicine or cream in your vagina.

Pap Test Results

It can take up to three weeks to receive your Pap test results. If your test shows that something might not be normal, your doctor will contact you and figure out how best to follow up. There are many reasons why Pap test results might not be normal. It usually does not mean you have cancer.

If your Pap test results show cells that are not normal and may become cancer, your doctor will let you know if you need to be treated. In most cases, treatment prevents cervical cancer from developing. It is important to follow up with your doctor right away to learn more about your test results and receive any treatment that may be needed.

If you have a low income or do not have health insurance, you may be able to get a free or low-cost Pap test through the National Breast and Cervical Cancer Early Detection Program. Visit www.cdc.gov/cancer/nbccedp/
Colorectal Cancer


Colorectal cancer is the nation’s second highest cause of cancer deaths. Each year more than 140,000 people are diagnosed with colorectal cancer, often referred to as colon cancer, in the U.S. and more than 50,000 people die from it annually. The disease, however, is largely preventable with regular colon cancer screenings and is treatable with early detection, according to the American Society for Gastrointestinal Endoscopy.

What is Colorectal Cancer?

Colorectal cancer (also referred to as colon cancer) is a cancer that develops in the colon or the rectum. These parts of the digestive system are also called the gastrointestinal (GI) tract. The digestive system processes food for energy and rids the body of solid waste. Colorectal cancer usually develops slowly over a period of many years. Before a cancer develops, it usually begins as a non-cancerous colon polyp. A colon polyp is an abnormal growth of tissue lining the colon or rectum. One specific type of colon polyp, called an adenoma, has the greatest risk of becoming a cancer.

Once colon cancer (or colorectal cancer) is found, the cancer must be staged. Staging tells your doctor and you if the cancer has spread from the original site in the colon or rectum to other parts of the body. It is important to know the stage of the disease to plan the best treatment.

Ages Late 40s +

Colorectal cancer is the third most common type of cancer in men and women. Ninety percent of the individuals diagnosed are over the age of 50. This cancer may develop in either the colon or the rectum, and in the early stages you may see no signs or symptoms. At age 50, every man and woman is at average risk for developing colorectal cancer and should get a colonoscopy screening.

Signs and Symptoms of Colorectal Cancer

Colorectal cancer is often present in people without symptoms. This is why screening for colon cancer and colorectal cancer is so important. The following signs or symptoms, however, might indicate colorectal cancer:

- Blood in your stools.
- Narrower than normal stools.
- Unexplained abdominal pain.
- Unexplained change in bowel habits.
- Unexplained anemia.
- Unexplained weight loss.

Ask your doctor about colon and rectal cancer screening if you’re at high risk of colon cancer or rectal cancer — if, for example, you have a personal or family history of colon or rectal cancer or polyps or if you have inflammatory bowel disease.

Your doctor may recommend a colonoscopy — an exam that allows the doctor to examine the entire length of your colon by inserting a thin, flexible tube with a tiny video camera at the tip (colonoscope) into your rectum — or another screening test.

Colon and rectal cancer screening is used to detect cancer and precancerous growths in the colon and rectum.

At Florida Hospital, our goal is to treat and prevent illness before it has the opportunity to change your life.

Florida Hospital delivers outstanding digestive health care in Volusia and Flagler counties. We’re here for you every step of the way.

Are You At Risk?

Take Florida Hospital’s colon cancer risk assessment at www.FHFightsCancer.org.
Lung Cancer Screening

Lung cancer is the leading cause of cancer death for both men and women in the United States. The five-year survival rate for lung cancer patients is only 15 percent. Recent research from the National Cancer Institute’s National Lung Cancer Screening Trial (NLST) found that low-dose CT shows promise as a method for detecting lung cancer in highest risk individuals, who have not yet shown symptoms. This method has been shown to reduce deaths by 20 percent compared to chest X-ray.

Screening recommendations

Based on the NLST findings, the American Lung Association recommends lung cancer screening with low-dose CT scans for people who meet certain criteria, which include the following: current or former smokers (aged 55 to 74 years), with a smoking history of at least 30 pack-years (that is, an average of a pack a day for 30 years) and with no history of lung cancer.

The American Lung Association emphasizes that only CT scans are recommended and that chest X-rays should not be used for lung cancer screening.

The American Lung Association recognizes that while low-dose CT scans may save lives, screening for lung cancer should not be recommended for everyone, as many known and unknown risks may be associated with both the screening and subsequent medical evaluation.

Oral Cancer

It is now easier than ever to detect oral cancer early, when the opportunity for a cure is great. Only half of all patients diagnosed with oral cancer survive more than five years.

Your dentist has the skills and tools to ensure that early signs of cancer and pre-cancerous conditions are identified. You and your dentist can fight and win the battle against oral cancer. Know the early signs and see your dentist regularly.

About Oral Cancer

- More than 25 percent of the 30,000 Americans who get oral cancer each year will die of the disease.
- On average, only half of those diagnosed with the disease will survive more than five years.
- Oral cancer is a devastating, even deadly, cancer that can go unnoticed until it has progressed to later stages. Twenty-five percent of all oral cancer victims are non-smokers, non-drinkers and have no other lifestyle risk factors. According to a study conducted by Johns Hopkins Kimmel Cancer Center, the human papilloma virus (HPV), a common sexually transmitted virus, is associated with oral cancers located in the upper throat and back of the tongue.
- As with any cancer, early detection and diagnosis is key; it’s important for patients to see an oral health care professional regularly, particularly if they are in the high-risk groups—those who use tobacco, abuse alcohol or have been exposed to HPV.
- If you are 18 or older, ask your dentist about including a ViziLite® Plus with TBlue® screening — developed to help oral health care professionals identify and mark abnormal oral lesions including precancerous or cancerous cells that may be difficult to see during a regular visual exam — as part of your annual checkup.

Risk factors for oral cancer include:
- Using tobacco products (includes cigarettes, cigars, pipes, and smokeless and chewing tobacco).
- Heavy alcohol use.
- Chewing betel nuts.
- Being infected with a certain type of human papilloma virus (HPV).
- Being exposed to sunlight (lip cancer only).
- Being male.

What is urological cancer?

Urologic cancers include cancers of the kidney, ureters, bladder, penis and prostate. Prostate cancer is the most common urological cancer.

What is prostate cancer?

The prostate is a walnut-sized gland located in front of the rectum and found only in men. Prostate cancer occurs when abnormal cells in the prostate grow at an abnormal rate. Most prostate cancers grow very slowly, though some can spread and grow quickly.

In 2008, more than 186,000 new cases of prostate cancer are diagnosed in the United States. Prostate cancer ranked third in the state of Florida for prevalence.

What are the risk factors for prostate cancer?

While all men are at risk, the risk increases if you are:
- Over age 50
- African American
- Have a family history of the disease

What are the symptoms of prostate cancer?

Prostate cancer can cause any of the following symptoms:
- A need to urinate frequently, especially at night
- Difficulty starting urination or holding back urine
• Inability to urinate
• Weak or interrupted flow of urine
• Painful or burning urination
• Difficulty in having an erection
• Painful ejaculation
• Blood in urine or semen
• Frequent pain or stiffness in the lower back, hips or upper thighs

It is important to know that in its early stages, prostate cancer has no symptoms.

Urologic Screening, Diagnosis and Cancer Treatment

How is prostate cancer found?
Prostate cancer can often be found early by a PSA test (testing the amount of prostate-specific antigen in the blood) and a digital rectal exam (DRE). The chances for surviving prostate cancer are better if it is found early. Talk to your doctor about getting tested.

PSA Testing
The PSA blood test measures a protein (prostate-specific antigen) made by prostate cells. The higher the PSA score, the greater the chance of having prostate cancer. It is important to note that a high PSA score does not mean that you have prostate cancer.

Digital Rectal Exam (DRE) Testing
To conduct the DRE, the doctor inserts a gloved, lubricated finger into the rectum to feel for any irregular or abnormally firm area that might be cancer. DRE is less effective than the PSA blood test in finding prostate cancer, but it can sometimes find cancers in men with normal PSA levels. For this reason, both the PSA and the DRE should be used for finding prostate cancer early.

How is prostate cancer diagnosed?
Diagnostic testing may include:
• Biopsy: A biopsy is a procedure in which a sample of tissue is removed and then examined under a microscope to determine if it is cancerous (malignant) or non-cancerous (benign).
• Grading: Most pathologists grade prostate cancers according to the Gleason system, which assigns a grade using numbers from 1 to 5. A grade 1 is assigned if the cancerous tissue closely looks like normal prostate tissue. Grades 2 through 4 have intermediate features. A grade 5 tumor lacks features similar to normal prostate tissue and its cells seem to be spread throughout the prostate. The grades of the two most common features are added for the Gleason score.

How is prostate cancer treated?
Prostate cancer can be treated in many ways including surgery, radiation therapy, hormonal therapy, chemotherapy and watchful waiting. Our board-certified physicians work together to develop the optimal treatment plan for each patient.

Skin Cancer
What is a skin cancer screening?
A skin cancer screening is a visual inspection of your skin by a medical professional. No blood work is conducted at this type of screening.

Why are skin cancer screenings necessary?
The American Cancer Society estimates that 1.5 million cases of skin cancer will be diagnosed this year, a number that is expected to continually rise. People of all colors and races can get skin cancer. There are many different types of skin cancer, including actinic keratoses (AK), basal cell carcinoma (BCC), squamous cell carcinoma (SCC), and melanoma. BCC and SCC are the most common forms of skin cancer, but melanoma is the most deadly. With early detection and proper treatment, the cure rate for BCC and SCC is about 95 percent. When melanoma is detected before it spreads, it also has a high cure rate. Regular self-skin exams and a yearly examination by a dermatologist help people find early skin cancers.

Who will provide the skin cancer screening?
A dermatologist, primary care or other well-trained non-physician such as a nurse practitioner or physician assistant, under the direction of a physician, will perform skin cancer examinations.

Which areas of my body will be screened for skin cancer?
The American Academy of Dermatology recommends full-body examinations whenever possible. If the screening is in a public setting with limited privacy, only exposed areas (face, neck, arms, hands, etc.) will be visually inspected for skin cancer. A skin screening is typically a rapid screening for skin cancer and should not replace or be a substitute for a yearly examination with your physician or dermatologist.

Screenings at Florida Hospital
If you are interested in receiving updated information on upcoming screenings, please become one of our Change Your LifeSM with Florida Hospital members by visiting us online at www.ChangeYourLifeChallenge.org.
Scheduling your Exams/Tests

Schedule Appointments
Florida Hospital has easy contact information for several of the common screening procedures outlined throughout this booklet. Please find contact information below for mammography, colonoscopy and a general physician referral line that you can use to access specialists to help with your overall health needs.

Screening Mammograms
Visit our MakeAPinkyPromise.com site to book your screening mammogram online. To make your appointment via the phone use the following contact numbers:

**FLAGLER COUNTY:**
Florida Hospital Flagler Women’s Center
60 Memorial Medical Pkwy.
Palm Coast, FL 32164
(386) 586-4400

**VOLUSIA COUNTY:**
Florida Hospital Imaging
335 Clyde Morris Blvd.
Ormond Beach, FL 32174
(386) 898-0270

Fish Imaging, Orange City
1053 Medical Center Dr., Suite 151
Orange City, FL 32763
(386) 917-7500

Victoria Women’s Center, DeLand
151 Victoria Commons Blvd.
Suite 101, DeLand, FL 32724
(386) 943-4682

Colorectal Cancer
For more information or to complete an online request form, visit FHFightsCancer.org, or call toll free (866) 478-0581 to receive a physician referral for a gastroenterologist near you today.

Other Physician Referral Needs
Florida Hospital offers a community resource in our Physician Referral line. Call toll-free (866) 478-0581 to receive direct access to primary care and specialists near you.

Comprehensive Network of Cancer Care
The Florida Hospital Cancer Care network provides a comprehensive continuum of services, ranging from disease prediction and prevention to state-of-the-art detection, treatment and research. Located at four convenient centers throughout Volusia and Flagler Counties, Florida Hospital provides you with exceptional faith-based cancer care in your communities.

Sources: American Academy of Dermatology, American Academy of Family Physicians, American Cancer Society, American Dental Association, American Lung Association, Centers For Disease Control, Lung Cancer Alliance and the Skin Cancer Foundation.
**Florida Hospital DeLand**  
680 Peachwood Drive  
DeLand, FL  32720  
(386) 943-7160

**Florida Hospital Fish Memorial**  
1055 Saxon Blvd.  
Orange City, FL  32763  
(386) 917-5850

**Florida Hospital Flagler**  
60 Memorial Medical Parkway  
Palm Coast, FL  32164  
(386) 586-2060

**Florida Hospital Memorial Medical Center**  
224 Memorial Medical Parkway  
Daytona Beach, FL 32117  
(386) 231-4000

**Florida Hospital Memorial Medical Center New Smyrna Health Park**  
125 Florida Memorial Parkway  
New Smyrna Beach, FL 32168  
(386) 231-6039

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