

January

CANCER PREVENTION MONTH



Early Detection

Screening tests can help find cancer at an early stage. When abnormal tissue or cancer is found early, it may be easier to treat or cure. By the time symptoms appear, the cancer may have grown or spread, making the cancer more difficult to treat or cure.



Screenings and Tests

Talk with your doctor about which tests and screening schedules are right for you. A general recommendation is to start cervical cancer screening at age 21, breast cancer at 40, colorectal cancer at 45, and prostate screening schedules are made on an individual basis with your doctor.



Maintain a Healthy Lifestyle

While there's no sure way to prevent cancer, you can lower your risk by eating well, staying active, maintaining a healthy weight, avoiding tobacco and secondhand smoke, protecting your skin from the sun, and following your doctor's screening recommendations for early detection.



Living  Well

Find Support

Whether you need cancer care or a covered procedure like knee, hip, shoulder, spine, heart, and weight loss surgeries and more, you can receive most, if not all, care at no cost to you. Carrum works with the top cancer specialists and surgeons in the country.



For more information, visit carrum.me/kehpc, or Call: **888-855-7806** Mon.–Fri. 9 a.m. to 8 p.m. ET.

This information does not provide medical advice, diagnosis or treatment. It should not be used as a substitute for health care from a licensed healthcare professional. Consult with your healthcare provider for individualized treatment or before beginning any new program.