

Cancer Prevention & Early Detection Kit



What is Cancer?

Cancer develops when the body's normal control mechanism stops working. Under healthy conditions, new cells form and replace old cells that wear out or have become damaged. Cancer begins to form when old cells do not die and instead grow out of control, forming new, abnormal cells, that overwhelm the healthy ones.



Cancer is a leading cause of death in Asia, claiming more than 5.7 million deaths in 2018. Although not all cancers are preventable, many of them are, through simple lifestyle changes. Additionally, with early detection, many cancers can be successfully treated.

Most Common Types of Cancer

- 1. Lung cancer.** Lung cancer strikes the cells inside the lining of the lungs. The two primary types of lung cancer are small cell lung cancer and non-small cell lung cancer.
- 2. Breast cancer.** This is a cancer that develops in the breast cells and progresses in stages. It is by far the most common cancer in women. Among cancer types for women, breast cancer ranks first in both incidence and mortality rates.
- 3. Gastric cancer.** Gastric cancer is a disease in which malignant (cancer) cells form in the lining of the stomach. Age, diet, and stomach disease can affect the risk of developing gastric cancer. It is particularly prevalent in the Asian countries such as Japan, South Korea, and especially China, where over half of gastric cancer cases are diagnosed.
- 4. Liver cancer.** Liver cancer is cancer that starts in the liver. It is the second deadliest cancer in Asia. The ratio of mortality to incidence is 0.93 which literally means that almost no patient will survive.

Most Common Types of Cancer

- 5. Colorectal cancer.** Colorectal cancer begins in the last part of the digestive tract, the colon. The colon is part of the large intestine, which helps break down and digest food.
- 6. Esophageal cancer.** Esophageal cancer is a disease in which malignant (cancer) cells form in the tissues of the esophagus. Smoking, heavy alcohol use, and Barrett esophagus can increase the risk of esophageal cancer.
- 7. Thyroid cancer.** Thyroid cancer occurs in the cells of the thyroid — a butterfly-shaped gland located at the base of your neck, just below your Adam's apple. Your thyroid produces hormones that regulate your heart rate, blood pressure, body temperature and weight.
- 8. Cervical cancer.** Cervical cancer is a type of cancer that occurs in the cells of the cervix — the lower part of the uterus that connects to the vagina. Various strains of the human papillomavirus (HPV), a sexually transmitted infection, play a role in causing most cervical cancer.
- 9. Prostate cancer.** This type of cancer develops in the tissues inside the prostate gland. The prostate gland is a part of the reproductive system in men and is found at the base of the bladder, near the rectum. Prostate cancer commonly affects men, mostly over the age of 50.

Symptoms You Shouldn't Ignore

Cancer is a group of diseases that can cause almost any sign or symptom. The signs and symptoms will depend on where the cancer is, how big it is, and how much it affects the organs or tissues.

Below are some symptoms related to common cancers types that should not be ignored.

- Change in bowel or bladder habits
- A sore that does not heal
- Unusual bleeding or discharge
- Thickening or lumps in breast or elsewhere
- Indigestion or difficulty in swallowing
- Obvious change in wart or mole
- Nagging cough or hoarseness
- Persistent pain lasting more than 1-2 weeks

Note: These symptoms do not indicate that a person has cancer. Rather, the appearance of these symptoms should act as a guide dictating when a person should consult their physician, as part of preventative care.

Lower Your Risk of Cancer

Cancer directly affects almost all people around the world. One in 5 men and one in 6 women worldwide will develop cancer during their lifetime.

Although not all cancer is preventable, researchers have come to know factors in one's lifestyle that may contribute to an increased risk of cancer.

Leading a healthier lifestyle and being self-aware is an important step in cancer prevention. By arming yourself with this knowledge you can help protect yourself and your loved ones.



#1. Stay Away Tobacco

Here's What We Know...

Smoking tobacco is the number one risk factor for lung cancer—the deadliest cancer type. The use of tobacco products in general can also contribute to other cancers, such as that of the larynx (voice box), mouth, esophagus, throat, bladder, kidney, liver, stomach, pancreas, colon and rectum, cervix and acute myeloid leukemia.

Second-hand smoke also increases one's risk of developing lung cancer. Even if you have never been a smoker, but are frequently exposed to smoke—you are increasing your risk of cancer by 20-30%.

Here's What You Can Do...

If you use tobacco products, quit now! If you have a loved one using tobacco products, let them know your desire for them to quit. Remember their use of tobacco not only affects their health but may affect you and your loved ones as well.



#2. Limit Your Alcohol

Here's What We Know...

Alcohol is associated with an increased risk of liver, head and neck, esophageal, breast, and colon cancers. The risk rises with the amount of alcohol that is consumed. It's estimated that 5.5% of all newly diagnosed cancers and 5.8% of cancer deaths worldwide are attributed to alcohol consumption.

Here's What You Can Do...

If you want to reduce your cancer risk, reduce the amount of alcohol you are drinking. And if you don't drink, don't start! It is recommended that men should consume no more than one alcoholic drink per day, and that women should have no more than three alcoholic drinks per week. If you or someone you love has a problem with alcohol, please seek help immediately.



#3. Exercise Regularly

Here's What We Know...

Studies show that people who are physically active and exercise regularly have a lower risk of developing cancer, especially colon and breast cancer. And, cancer patients are less likely to have a recurrence of the cancer, when physically active. In addition, exercising helps reduce overall obesity, which has been linked to 13 different kinds of cancer.

Here's What You Can Do...

Make a commitment to your physical fitness and set daily routines to follow. Wondering what type of exercise is best for lowering your cancer risk? Surprisingly, a recent study found that strength training twice a week may be best. The study found that strength training reduced the likelihood of dying from cancer by 31%.



#4. Eat a Healthy Diet

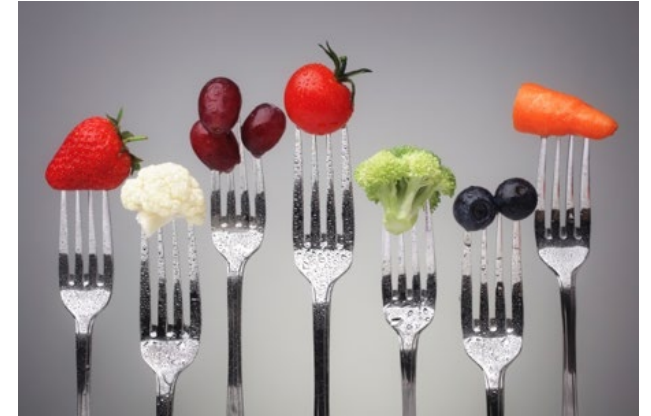
Here's What We Know...

High consumption of saturated fat and red meat, may increase the risk of colon cancer and a more aggressive form of prostate cancer. A healthy diet also reduces the likelihood of obesity—a major risk factor for several kinds of cancers includes breast, kidney, head and neck, esophagus, pancreas, prostate, gallbladder and thyroid.

Here's What You Can Do...

Make healthier food choices by increasing your fruit and vegetable intake and limiting your consumption of red meat. For adults, it's recommended to eat 2.5 cups of fruits and vegetables each day. Reduce your red meat consumption to less than two servings per week. A typical plate of food should be 50 percent vegetables and fruits, 25 percent lean proteins, and 25 percent whole grains.

Visit AFCR's blog for more healthy eating tips and a list of [cancer-fighting foods](#).



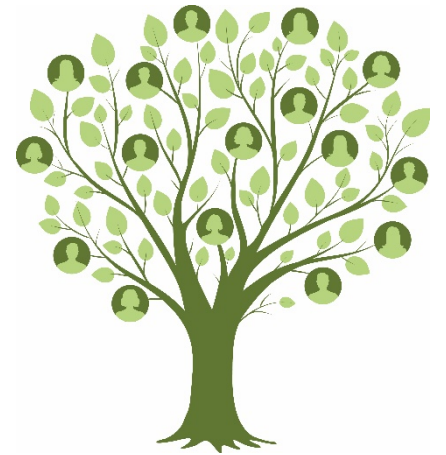
#5. Know Your Family Medical History

Here's What We Know...

Although most cancers are not hereditary, there are a few inherited genetic risks for developing certain cancer types—particularly [breast cancer](#). The most common cancer types associated with a familial gene include breast, ovarian, colorectal, and prostate cancer.

Here's What You Can Do...

First and foremost take the time to understand your family medical history. Do either or your parents or grandparents have a history of cancer? If so, which type? Having these conversations with your family members, can literally be lifesaving for you and your loved ones. If you do discover a family history of cancer, discuss it with your doctor. He or she can determine your risk level and what if any preventative measures you can take, like more frequent cancer screenings. Click [here](#) to check out 8 tips to reduce your breast cancer risk.



#6. Protect Yourself From The Sun

Here's What We Know...

Skin cancer — the abnormal growth of skin cells — most often develops on skin exposed to the sun. But this form of cancer can also occur on areas of your skin not ordinarily exposed to sunlight. There are three major types of skin cancer — basal cell carcinoma, squamous cell carcinoma and melanoma.

Here's What You Can Do...

Keep yourself and your loved one's skin protected from the sun's UV rays by wearing daily sunscreen of at least SPF 30, year round. Dangerous levels of UV can be detected even on cloudy days or during cold winter months. UV light is also emitted from other devices, such as artificial tanning beds, so simply put, don't use them!

Lastly, taking part in regular skin cancer screenings is essential. Individuals with a family history of melanoma or other skin cancers should have a full-body exam at least once a year. Monthly skin self-exams to check for new or changing moles is another good idea. Approximately half of melanomas are self-detected.



#7. Get Vaccinated

Here's What We Know...

While there are not many vaccines available to help prevent cancer, there are two that have great success rates. One of the vaccines is for the human papillomavirus (HPV), which is the greatest risk factor for developing cervical cancer. The other vaccine is for hepatitis B, which can cause liver cancer. Both vaccines have been proven safe and highly effective.

Here's What You Can Do...

Because HPV can be transmitted through sexual contact, the HPV vaccine is recommended for both boys and girls between the ages 11-12, before being sexually active. Although only women can develop cervical cancer, HPV can cause an increased risk in men for other cancer types, and men can aid in transmitting the virus to women. The vaccine also remains an option for adults—although not typically recommended for people over the age of 26.

The hepatitis B vaccine is recommended for adults at high risk, such as those who are sexually active with multiple partners or with infected persons, people with sexually transmitted diseases, people who use intravenous drugs, household contacts of infected persons, homosexual men, hemodialysis patients, infants born to infected mothers, and health care or public safety workers who might be exposed to infected blood or bodily fluids. Determine your risk with your doctor.



#8. Avoid Common Carcinogens

Here's What We Know...

Carcinogen is the name given to substances that cause cancer. Although there are many things that are labeled carcinogens, that doesn't necessarily mean that exposure to them will give you cancer. Rather, it means that you should be aware and when possible, limit your exposure. Here are a few of the common carcinogens:

- **Tobacco**- use of tobacco products and exposure to second-hand smoke dramatically increases your risk of [lung cancer](#) and other cancer types.
- **Radon**- found in residential homes, Radon is a radioactive gas released from the normal decay of elements. High volumes of exposure to radon is linked to lung cancer. Because it is odorless and tasteless, radon detection requires testing.
- **Asbestos**- fibers that were often used in the building and construction industry have long exposed people to danger in their homes and workplaces. When products containing asbestos breakdown, fibers are released into the air and breathed in, leading to serious health issues including mesothelioma (cancer of the thin membranes that line the chest and abdomen).

Here's What You Can Do...

Arm yourself with knowledge and be aware of possible carcinogens that you or your family may be exposed to. Once you're aware make efforts to remove or limit your exposure to these carcinogens.



#9. Take Part in Cancer Screening

Here's What We Know...

Cancer screening tests can be helpful in detecting cancer at an early stage, increasing the chances of successful treatment. Cancer screening should be part of preventative measures and screenings are typically done prior to disease symptoms.

Here's What You Can Do...

Understand what screening tests are available and any associated risks with screening options. Discuss with your doctor what cancer screenings you should take part in—risk factors like your age, weight, lifestyle and overall health may affect your screening recommendations. As a helpful resource in planning your cancer screenings, AFCR has provided you with its Cancer Detection Guidelines on the next page.



Cancer Detection Test or Procedure 癌症检测试验或步骤

AGE 年齡	FREQUENCY 频率	FEMALES 女性	MALES 男性
18-20	One Time 一次	Complete health exam ¹ 全面健康检查 ¹	Complete health exam ¹ 全面健康检查 ¹
	Monthly 每月	Skin self-exam 皮肤自我检查	Skin self-exam, testes self-exam 皮肤自我检查, 睾丸自我检查
21-39	Every 3 Years 每三年	Complete health exam ¹ , clinical breast exam, Pap test ² 全面健康检查 ¹ , 临床乳房检查, 柏氏抹片检查 ²	Complete health exam ¹ 全面健康检查 ¹
	Yearly 每年	Endometrial biopsy ³ 子宫内膜活检 ³	
40-49	Monthly 每月	Skin self-exam, breast self-exam 皮肤自我检查, 乳房自我检查	Skin self-exam, testes self-exam 皮肤自我检查, 睾丸自我检查
	Every 3 Years 每三年	Complete health exam ¹ , Pap test ² , Multi-targeted stool DNA test (MT-sDNA) ⁵ 全面健康检查 ¹ , 柏氏抹片检查 ² , 多靶点粪便DNA检测(mt-sDNA) ⁵	Complete health exam ¹ , prostate-specific antigen (PSA) blood test ⁴ , Multi-targeted stool DNA test (MT-sDNA) ⁵ 全面健康检查 ¹ , 前列腺特异性抗原(PSA)检查 ⁴ , 多靶点粪便DNA检测(mt-sDNA) ⁵
50-65	Yearly 每年	Clinical breast exam, mammogram, digital rectal exam, endometrial biopsy ³ , guaiac-based fecal occult blood test (gFOBT) or fecal immunochemical test (FIT) ⁵ 临床乳房检查, 乳房X光造影, 直肠指诊, 子宫内膜活检 ³ , 瘻创木脂粪便潜血试验(gFOBT)或粪便免疫化学检测(FIT) ⁵	Digital rectal exam, guaiac-based fecal occult blood test (gFOBT) or fecal immunochemical test (FIT) ⁵ 前列腺触诊, 瘻创木脂粪便潜血试验(gFOBT)或粪便免疫化学检测(FIT) ⁵
	Monthly 每月	Skin self-exam, breast self-exam 皮肤自我检查, 乳房自我检查	Skin self-exam, testes self-exam 皮肤自我检查, 睾丸自我检查
66+	Every 5-10 Years 每五至十年	Colonoscopy, CT Colonography or flexible sigmoidoscopy, HPV and Pap co test ² 大肠内视镜检查, CT结肠成像或乙状结肠内视镜检查, HPV和柏氏抹片共检 ²	Colonoscopy, CT Colonography or flexible sigmoidoscopy 大肠内视镜检查, CT结肠成像或乙状结肠内视镜检查
	Every 3 Years 每三年	Pap test ² , Multi-targeted stool DNA test (MT-sDNA) ⁵ 柏氏抹片检查 ² , 多靶点粪便DNA检测(mt-sDNA) ⁵	Multi-targeted stool DNA test (MT-sDNA) ⁵ 多靶点粪便DNA检测(mt-sDNA) ⁵
66+	Yearly 每年	Complete health exam ¹ , clinical breast exam, mammogram, endometrial biopsy ³ , digital rectal exam, guaiac-based fecal occult blood test (gFOBT) or fecal immunochemical test (FIT) ⁵ , low dose helical CT (LDCT) ⁶ 全面健康检查 ¹ , 临床乳房检查, 乳房X光造影, 子宫内膜活检 ³ , 直肠指诊, 瘻创木脂粪便潜血试验(gFOBT)或粪便免疫化学检测(FIT) ⁵ , 低剂量螺旋CT ⁶	Complete health exam ¹ , prostate-specific antigen (PSA) blood test ⁴ , digital rectal exam, guaiac-based fecal occult blood test (gFOBT) or fecal immunochemical test (FIT) ⁵ , low dose helical CT (LDCT) ⁶ 全面健康检查 ¹ , 前列腺特异性抗原(PSA)检查 ⁴ , 前列腺触诊, 瘻创木脂粪便潜血试验(gFOBT)或粪便免疫化学检测(FIT) ⁵ , 低剂量螺旋CT ⁶
	Monthly 每月	Skin self-exam, breast self-exam 皮肤自我检查, 乳房自我检查	Skin self-exam, testes self-exam 皮肤自我检查, 睾丸自我检查
66+	Every 5-10 Years 每五至十年	Colonoscopy, CT Colonography or flexible sigmoidoscopy 大肠内视镜检查, CT结肠成像或乙状结肠内视镜检查	Colonoscopy, CT Colonography or flexible sigmoidoscopy 大肠内视镜检查, CT结肠成像或乙状结肠内视镜检查
	Every 3 Years 每三年	Multi-targeted stool DNA test (MT-sDNA) ⁵ 多靶点粪便DNA检测(mt-sDNA) ⁵	Multi-targeted stool DNA test (MT-sDNA) ⁵ 多靶点粪便DNA检测(mt-sDNA) ⁵
66+	Yearly 每年	Complete health exam ¹ , clinical breast exam, mammogram, endometrial biopsy ³ , digital rectal exam, guaiac-based fecal occult blood test (gFOBT) or fecal immunochemical test (FIT) ⁵ , low dose helical CT (LDCT) ⁶ 全面健康检查 ¹ , 临床乳房检查, 乳房X光造影, 子宫内膜活检 ³ , 直肠指诊, 瘻创木脂粪便潜血试验(gFOBT)或粪便免疫化学检测(FIT) ⁵ , 低剂量螺旋CT ⁶	Complete health exam ¹ , prostate-specific antigen (PSA) blood test ⁴ , digital rectal exam, guaiac-based fecal occult blood test (gFOBT) or fecal immunochemical test (FIT) ⁵ , low dose helical CT (LDCT) ⁶ 全面健康检查 ¹ , 前列腺特异性抗原(PSA)检查 ⁴ , 前列腺触诊, 瘻创木脂粪便潜血试验(gFOBT)或粪便免疫化学检测(FIT) ⁵ , 低剂量螺旋CT ⁶
	Monthly 每月	Skin self-exam, breast self-exam 皮肤自我检查, 乳房自我检查	Skin self-exam, testes self-exam 皮肤自我检查, 睾丸自我检查



For donation, mail to: Asian Fund for Cancer Research, P.O. Box No. 33786, Sheung Wan Post Office, Hong Kong

For other inquiries: Rm 2914, Hong Kong Plaza, 188 Connaught Road West, Hong Kong

捐款請寄至: 亞洲癌症研究基金會
香港上環郵政局郵政信箱33786號
其他事項請聯絡: 香港干諾道西188號
香港商業中心29樓2914室

Tel 電話 2156 9684 Fax 傳真: 2156 9685
Website 網址: www.AFCR.org

1. At minimum, includes medical/lifestyle history and physical exam. Blood/urine tests and chest x-ray may also be included, at physician's discretion. 2. Women 21-29 should have a Pap test every 3 years, even if vaccinated for HPV. Women 30-65 should have HPV and Pap co-testing every 5 years or Pap test alone every 3 years. Women ages 66+ who have had ≥3 consecutive negative Pap tests or ≥2 consecutive negative HPV and Pap tests within the past 10 years, with the most recent test occurring in the past 5 years should stop cervical cancer screening. Women who have had a total hysterectomy for reasons unrelated to cancer do not require Pap or HPV screening. 3. Beginning at age 35, for women at high risk for endometrial cancer only. This especially includes women with genetic mutations associated with hereditary nonpolyposis colon cancer (HNPCC). Women with HNPCC who have finished having children may choose to have a hysterectomy. 4. Research has not yet proven whether the benefits of prostate cancer screening outweigh the harms of testing and treatment. All men should talk with their doctor to decide if testing is right for them, beginning at age 50 for men at average risk and at age 40 for men at high risk. For men who decide to be tested, the frequency will depend on their PSA level. 5. Beginning at age 45, men and women should take one of the following examinations: Colonoscopy (every 10 years), CT Colonography (every 5 years), Double-contrast barium enema (every 5 years), CT Colonography (every 5 years), Flexible sigmoidoscopy (every 5 years), Stool DNA test (every 3 years), or FOBT or FIT, with at least 50% test sensitivity for cancer (yearly). Screening with the FOBT/FIT should be done at home, using multiple-sample method. 6. Lung cancer screening should only be considered for persons who meet all of the following criteria: Aged 55-74, in fairly good health, have a 30 pack-year smoking history, and either still smoke or quit within the past 15 years. Screening should only be done at facilities that have experience in LDCT for lung cancer screening. Discuss risks and benefits with your physician to decide if screening is right for you. Note: Your doctor may suggest a different testing schedule depending on your risk of developing a specific type of cancer. Discuss with your doctor to develop a screening schedule that is tailored to your own situation.

1. 依循醫生決定, 至少要包括病歷, 體格檢查, 血液常規檢查, 尿液常規檢查和胸肺平片。2. 女性從21歲起應每三年進行一次柏氏抹片檢查, 該項檢查同樣適用於已經接種HPV疫苗的女性。30至65歲之間的女性應每五年進行一次HPV病毒和柏氏抹片的聯合篩查或每三年進行一次柏氏抹片檢查。66歲以上女性, 如在過去10年柏氏抹片測試結果連續三次為陰性, 或者HPV病毒和柏氏抹片聯合篩查結果連續2次呈現陰性, 並且最後一次檢查在5年以內, 應停止宮頸癌篩查測試。3. 該項篩查僅適用於35歲以上、攜帶子宮內膜癌高風險因素的女性, 特別是攜帶有遺傳性非息肉肉大腸癌(HNPCC)相關基因的女性。罹患HNPCC的女性如果已經生育, 則可考慮切除子宮。4. 目前尚無確切研究數據證實前列腺癌早期篩查測試利大於弊。四十歲以上的前列腺癌高風險男性, 以及五十歲以上的具有普通風險的男性, 應當通過與醫生共同探討來決定是否進行篩查。通過與醫生共同探討來決定是否進行篩查。對於決定進行篩查的男性, 其前列腺特异性抗原(PSA)水平將決定其篩查頻率。5. 45歲以上的男性和女性應該進行以下的其中一項檢查: 大腸內視鏡檢查(每10年), CT結腸成像(每5年), 銀灌腸造影(每5年), 多靶點糞便DNA檢測(mt-sDNA)(每3年), 乙狀結腸內視鏡檢查(每5年)或/以及具有50%以上癌症測試靈敏度的大便隱血檢查或大便免疫化學檢測(每年, 可購買試劑盒在家裡進行多樣本測試)。6. 如果您的年齡在55-74歲之間, 看起來身體健康, 吸煙指數(既每天吸煙的包數乘以吸煙的年數)達到30年包以上, 沒有戒煙或者戒煙不超過15年, 請同您的醫生探討是否有必要進行肺癌的低劑量螺旋CT篩查測試。您的醫生所在的醫院則需在肺癌低劑量螺旋CT檢查方面富有經驗。請同您的醫生探討該項檢查的風險和益處, 以及對您是否適用。加註: 根據你罹患某種類別癌症的風險, 你的醫生可能會建議不同於以上的測試時間表。請根據你的具體情況, 依循醫生的指導進行檢測。



**ASIAN FUND FOR CANCER
RESEARCH LIMITED**

亞洲癌症研究基金會有限公司

How is AFCR Combating Cancer?

The Asian Fund for Cancer Research Limited (AFCR) is committed to fund cancer research, especially those cancers prevalent in Asian populations, and promote global collaborations for high impact to save the lives of cancer patients.

[AFCR's funded initiatives and projects](#) are led by some of the brightest minds in science and medicine throughout Asia, and their efforts focus on various types of cancer and stages of research: basic, translational and clinical.

Our work would not be possible without the generous support of millions of individual donors. With continued support, we will put an end to cancer—ALL CANCERS. If you'd like to help support our cancer-fighting efforts, please consider [making a donation](#) today.

Learn more at [AFCR.org](https://www.afcr.org).

References

<https://www.cancer.gov/types/stomach/patient/stomach-treatment-pdq>

<https://www.medicalnewstoday.com/articles/172408>

<https://www.cancer.gov/types/esophageal/patient/esophageal-treatment-pdq>

<https://www.mayoclinic.org/diseases-conditions/thyroid-cancer/symptoms-causes/syc-20354161>

<https://www.mayoclinic.org/diseases-conditions/cervical-cancer/symptoms-causes/syc-20352501>

<https://afcr.org/en/2018/02/23/prevention-tips-for-skin-cancer/>

<https://afcr.org/en/cancer-fighting-food-news/>

<https://afcr.org/en/2019/10/07/8-tips-to-reduce-your-breast-cancer-risk/>

<https://www.mayoclinic.org/diseases-conditions/skin-cancer/symptoms-causes/syc-20377605>

<https://afcr.org/en/2018/02/23/self-exam-for-skin-cancer/>

<https://afcr.org/en/2018/08/24/7-facts-you-need-to-know-about-lung-cancer/>

<https://afcr.org/en/funded-cancer-research/>