



## Statement of Purpose

The National Foundation for Cancer Research (NFCR) was founded in 1973 to support cancer research and public education relating to the prevention, early diagnosis, better treatments, and, ultimately a cure for cancer. NFCR promotes and facilitates collaboration among scientists to accelerate the pace of discovery from bench to bedside. NFCR is committed to Research for a Cure—cures for all types of cancer.

Your support helps scientists who are searching for better ways to treat and hopefully cure cancer. But, of course, the best way to defeat cancer is to prevent it from happening. Research has shown that there are some simple things each of us can do to reduce our cancer risk, such as:

**Join us in our commitment to preventing cancer...**

Avoid tobacco products and second-hand smoke

Include more fruits and vegetables in your diet

Increase the amount of fiber in your diet

Limit alcohol intake

Wear a SPF 30 or higher sunscreen

Maintain physical activity & healthy weight

### ...to detecting cancer early...

When cancer does occur, a key to improving the cure rate is early detection. Know the warning signs for common cancers and perform regular self-exams. Being vigilant and proactive could save your life!

Be sure to make time for an annual physical exam and talk with your doctor to set up an appropriate cancer-screening schedule. Your age, family medical history, lifestyle, and occupation are important factors that you and your doctor should consider. Remember, since every case is different you want to find the screening schedule that is right for you.

If you or a loved one has finished treatment, nutrition should be front and center. Chemotherapy and radiation can deplete the body of such things as fat-soluble vitamins, proteins, minerals, and glycogen.

Making nutrition a priority by following these tips will allow the body to make a quicker recovery:

**...to helping cancer survivors live a better life...**

Eat three balanced meals a day with a small snack between meals

Have dried fruits and nuts as a healthy snack

Avoid snacking all day in place of meals which will lower your appetite

Eat home cooked meals—the smell and seeing others eat will help the appetite

Include proteins/starches in meals—the body needs calories and you will feel stronger

Drink a fruit smoothie or vegetable juice between meals to provide needed fiber

### ... and to doing it all while adhering to the highest standards of charitable ethics, transparency, and excellence.

We're proud to meet the standards of the most prestigious private rating organization, the Better Business Bureau's Wise Giving Alliance, a nationally recognized charity watchdog.

And we do it so you can rest assured that your generosity goes exactly where it should — straight to research, prevention and detection, and healthy living initiatives.

# Cancer Detection Guidelines

Increase your chances of early diagnosis by scheduling regular exams with your doctor.

AGE	FREQUENCY	FEMALES	MALES
18-20	<b>One Time</b>	Complete health exam	Complete health exam
	<b>Monthly</b>	Skin self-exam	Skin self-exam, testes self-exam
21-24	<b>Every 3 Years</b>	Complete health exam, clinical breast exam	Complete health exam
	<b>Yearly</b>	Endometrial biopsy	
25-39	<b>Monthly</b>	Skin self-exam, breast self-exam	Skin self-exam, testes self-exam
	<b>Every 5 Years</b>	Primary HPV DNA approved test; or Co-test (HPV test and Pap test)	
	<b>Every 3 Years</b>	Complete health exam, clinical breast exam, Pap test (if not testing at 5 years)	Complete health exam
	<b>Yearly</b>	Endometrial biopsy	
40-49	<b>Monthly</b>	Skin self-exam, breast self-exam	Skin self-exam, testes self-exam
	<b>Every 5-10 Years</b>	Colonoscopy, CT Colonography or flexible sigmoidoscopy, Primary HPV DNA approved test; or Co-test (HPV test and Pap test)	Colonoscopy, CT Colonography or flexible sigmoidoscopy
	<b>Every 3 Years</b>	Complete health exam, Pap test (if not testing at 5 years), Multi-targeted stool DNA test (MT-sDNA)	Complete health exam, prostate-specific antigen (PSA) blood test <sup>4</sup> , Multi-targeted stool DNA test (MT-sDNA)
	<b>Yearly</b>	Clinical breast exam, mammogram, digital rectal exam, endometrial biopsy, guaiac-based fecal occult blood test (gFOBT) or fecal immunochemical test (FIT)	Digital rectal exam, guaiac-based fecal occult blood test (gFOBT) or fecal immunochemical test (FIT)
50-65	<b>Monthly</b>	Skin self-exam, breast self-exam	Skin self-exam, testes self-exam
	<b>Every 5-10 Years</b>	Colonoscopy, CT Colonography or flexible sigmoidoscopy, Primary HPV DNA approved test; or Co-test (HPV test and Pap test)	Colonoscopy, CT Colonography or flexible sigmoidoscopy
	<b>Every 3 Years</b>	Pap test (if not testing at 5 years), Multi-targeted stool DNA test (MT-sDNA)	Multi-targeted stool DNA test (MT-sDNA)
	<b>Yearly</b>	Complete health exam, clinical breast exam, mammogram, endometrial biopsy, digital rectal exam, guaiac-based fecal occult blood test (gFOBT) or fecal immunochemical test (FIT), low dose helical CT (LDCT)	Complete health exam, prostate-specific antigen (PSA) blood test, digital rectal exam, guaiac-based fecal occult blood test (gFOBT) or fecal immunochemical test (FIT), low dose helical CT (LDCT)
66+	<b>Monthly</b>	Skin self-exam, breast self-exam	Skin self-exam, testes self-exam
	<b>Every 5-10 Years</b>	Colonoscopy, CT Colonography or flexible sigmoidoscopy	Colonoscopy, CT Colonography or flexible sigmoidoscopy
	<b>Every 3 Years</b>	Multi-targeted stool DNA test (MT-sDNA)	Multi-targeted stool DNA test (MT-sDNA)
	<b>Yearly</b>	Complete health exam, clinical breast exam, mammogram, endometrial biopsy, digital rectal exam, guaiac-based fecal occult blood test (gFOBT) or fecal immunochemical test (FIT), low dose helical CT (LDCT)	Complete health exam, prostate-specific antigen (PSA) blood test, digital rectal exam, guaiac-based fecal occult blood test (gFOBT) or fecal immunochemical test (FIT), low dose helical CT (LDCT)
	<b>Monthly</b>	Skin self-exam, breast self-exam	Skin self-exam, testes self-exam

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.

Visit [NFCR.org](http://NFCR.org) to learn more.



Scan the QR code with your phone to give online at [NFCR.org/give](http://NFCR.org/give).



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