



# ¡Salud SOL!

## HCHS/SOL Newsletter

Volume 4, Number 1

Hispanic Community Health Study/ Study of Latinos (HCHS/SOL)

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[www.saludsol.net](http://www.saludsol.net)

## Proud to be part of SOL!

Dear SOL Participant,

We want to thank you for your continuous participation and dedication to the Hispanic Community Health Study/ Study of Latinos (HCHS/SOL). You have been the key to our success.



With your valuable participation we will be able to provide information that may be helpful in the development of new health programs and services for you, your family and the community.

The Hispanic/Latino community is counting on you!

Give us a call to update your contact information.

Sincerely,

San Diego SOL Team

## Community Resources

### Screenings: Breast Cancer, Cervical Cancer, and Colon Cancer

Make an appointment with your  
 Primary Care Physician or contact  
**San Ysidro Health Center**

You may qualify for various screening programs.

General Number: (619) 662-4100

Appointments: (619) 662-4123

Hours of Operation: Varies by clinic site



### FAMILIAS SANAS Y ACTIVAS

Free exercise and healthy lifestyle classes in San Ysidro and Chula Vista!

What classes will you find?

- Aerobics
- Dance Aerobics
- Circuit Training
- Walking Groups

For more information call:

**619-594-4504**

# Cancer Screening

## What is it?

Your body is made up of cells that help your body function properly. A person develops cancer when there is an abnormal growth of cells in a specific area of the body. This abnormal cell growth is known as a **tumor**. The abnormal cells can then spread to other parts of the body. This is called **metastasis**.

There are many types of cancer that affect different parts of the body. The most common types of cancer in women are **breast cancer**, **lung cancer** and **colon cancer**. Another cancer that affects women is called **cervical cancer**. The most common types of cancer in men are **prostate cancer**, **lung cancer**, and **colon cancer**. Cancer has now become the 2nd leading cause of death in both men and women. In fact, 1 in 2 men and 1 in 3 women will be diagnosed with cancer in their lifetime.

## Who is at risk?

Sometimes, there are no signs that someone has cancer. However, there are certain tests, known as **screening procedures**, that can help your doctor detect cancer early.

Cancer can sometimes be **genetic**. This means certain people might be more at risk for getting certain types of cancer if they have a family member who has been diagnosed with cancer before. If you have a family member who has had cancer before, you should tell your doctor.

## Is there a cure?

There is no cure for cancer yet, nor is there a specific thing you can do to prevent it. However, you can decrease your chances of developing cancer by adopting healthy lifestyle changes such as **quitting smoking**, **increasing physical activity**, **eating healthier** and keeping up to date on **screening procedures**. Getting screened is an important step to detecting cancer early.

## Early Detection is Key!

You should talk with your doctor about the right time for you, but here are a few screening guidelines:

- **Colon Cancer:** Both men & women should start getting tested at **age 50**. There are a few procedures your doctor can do, including a digital rectal exam, a fecal occult blood test, a colonoscopy or a sigmoidoscopy.
- **Breast Cancer:** Women should start getting mammograms at **age 40**. Your doctor should do a clinical breast exam during physical exam visits. A breast self-is recommended. Check your own breasts for lumps, changes in size or shape of the breast.
- **Cervical Cancer:** Women should start getting Pap tests once sexually active or by **age 21**, whichever is first.

## Sources of Information

National Cancer Institute: <http://www.cancer.gov>  
 American Cancer Society: <http://www.cancer.org>  
 Centers for Disease Control and Prevention: <http://www.cdc.gov/cancer/>

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