

HOOPA TRIBAL MEMBER AND WORKING MOTHER



BY CLAUDIA STICKMAN, OUTREACH DEPARTMENT

MEET HAYLEY HUTT SHARING HER STORY ON CANCER PREVENTION AND THE IMPORTANCE OF HEALTH SCREENINGS

Health Screenings are important to me because my father passed away at age 42 of Pancreatic Cancer. I want to be as healthy as I can, to share my life with family and friends.

Routine Health Screenings saved my life twice. The first time a health screening saved my life was during a routine mammogram. A lump was discovered. I was sent to a surgeon who removed the lump, through a small surgical procedure, called a lumpectomy. I was informed that the lump was precancerous. I was very lucky because the surgeon was able to remove the entire lump and it has not returned.

The 2nd time, a routine testing saved my life was during a colonoscopy. I had a polyp which was the size of a golf ball. The surgeon removed the polyp and biopsied the growth. I remember him telling me "You dodged the bullet". The growth was precancerous.



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SCREENINGS SAVED MY LIFE TWICE.

BREAST CANCER SCREENING RECOMMENDATIONS

- Women with an average risk of breast cancer should undergo regular screening mammography starting at age 45 years.
- Women aged 45 to 54 years should be screened annually.
- Women 55 years and older should transition to biennial screening or have the opportunity to continue screening annually.
- Women should have the opportunity to begin annual screening between the ages of 40 and 44 years (qualified recommendation).
- Women should continue screening mammography as long as their overall health is good and they have a life expectancy of 10 years or longer (qualified recommendation).

Source: American Cancer Society

COLON CANCER SCREENING RECOMMENDATIONS

- People at average risk* of colorectal cancer should start regular screening at age 45. This can be done either with a sensitive test that looks for signs of cancer in a person's stool (a stool-based test), or with an exam that looks at the colon and rectum (a visual exam).
- People who are in good health and with a life expectancy of more than 10 years should continue regular colorectal cancer screening through the age of 75.
- For people ages 76 through 85, the decision to be screened should be based on a person's preferences, life expectancy, overall health, and prior screening history.
- People over 85 should no longer get colorectal cancer screening.

Source: American Cancer Society