

# Check In *before you* Check Out

It is a sad fact that most of us know someone who has died of cancer, is suffering from cancer or is in cancer remission. In fact it is the leading cause of death in adults.

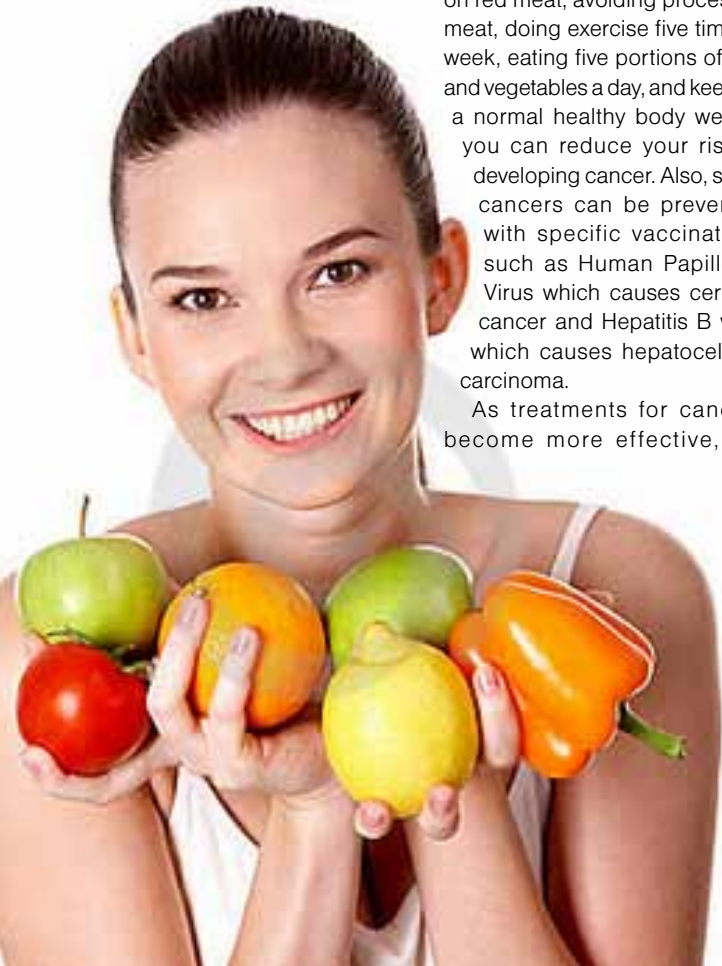
Around 30 percent of cancers are related to environmental factors such as life-style and diet. By stopping smoking, drinking only moderately, cutting down on red meat, avoiding processed meat, doing exercise five times a week, eating five portions of fruit and vegetables a day, and keeping a normal healthy body weight, you can reduce your risk of developing cancer. Also, some cancers can be prevented with specific vaccinations such as Human Papilloma Virus which causes cervical cancer and Hepatitis B virus which causes hepatocellular carcinoma.

As treatments for cancers become more effective, the

perception of cancer as a "death sentence" no longer holds true. For example, around 90 percent of early stage bowel cancer and breast cancer are curable. Currently, routine screening programmes are available for breast cancer, bowel cancer, and cervical cancer. Screening tests are also available for patients who are at a high risk of developing liver cancer, gastric cancer, ovarian cancer and lung cancers.

People who should undergo cancer screening:

- All women who are over the age of 50 should go for a mammogram for breast cancer screening.
- All sexually active women who are over the age of 21 should go for a pap-smear for cervical cancer screening.
- Everyone who is over the age of 50 should go for colonoscopy for bowel cancer screening.
- Individuals with a strong family history of cancer.



To discuss screening contact The Harley Street Clinic at 6472 3703 or visit [www.theharleystreetclinicsingapore.com](http://www.theharleystreetclinicsingapore.com).