The right information can save lives, maybe even yours. This chart shows survival rates for various types of cancer.

To better understand the chart, it helps to understand why doctors define cancer in stages.

Why is cancer defined in stages?
According to the National Cancer Institute, staging cancer helps describe the extent or severity of an individual’s cancer based on the extent of the original tumor and the extent cancer has spread in the body. It is important to determine if a cancer is local, regional or distant because:

- Staging helps the doctor plan a person’s treatment.
- The stage can be used to estimate the likely outcome or course of the disease.

**Local** is cancer that is limited to the organ in which it began. There is no evidence that the cancer has spread beyond that organ.

**Regional** is cancer that has spread beyond the original site to nearby lymph nodes or organs and tissues.

**Distant** is cancer that has spread from the primary site to distant organs or distant lymph nodes.

As you can see with this chart, if a cancer **is detected early** (see the blue “Local” diamonds on the chart) the chances of survival of the most prevalent types of cancer are from 80 to 100 percent.

If the cancer **is not detected early** enough and has spread to other parts of the body (see the red “Distant” dots), the chances of surviving drop to less than 50 percent. We don’t like those odds either. That’s why we encourage you to see your doctor for the appropriate preventive screenings at the appropriate times.

To learn what you can do to lower your risk of cancer, turn the page.
We Like Having You Around
And we know your family does, too. Let’s work together to keep it that way.

Are you as healthy as you feel?

As an Anthem member, you can expect your doctor to provide cancer screenings such as annual checkups, annual full gynecological exams, mammograms, prostate exams, colorectal cancer screenings and routine lab and radiology. We want you to make these screenings part of your annual routine because it will help your doctor catch anything that isn’t routine in your screening results.

- **Mammography** – women 40 and older
- **Cervical cancer screening** – women 18 and older
- **Colorectal cancer screening** – men and women 50 and older
- **An annual PSA test and prostate exam** for men 40 and older

If you are interested in better health or want to see how healthy you are right now, the Health Assessment tool is a great place to start. Visit MyHealth@Anthem on anthem.com.

When a good thing can be a bad thing

The right amount of sunlight is good for the body to say nothing of its natural ability to elevate your mood. But too much of a good thing can be a bad thing: Most skin cancers, the most common cancer in the United States, can be prevented by reducing your exposure to the sun and ultraviolet radiation.¹

To protect your skin, use sunscreen with a sun protection factor of at least 15. Do this year-round if you live in the Southeast or other warm and sunny regions of the United States. Examine your skin regularly for any changes in coloring or moles, which could indicate skin cancer. You can learn more about what to look for on MyHealth@Anthem, choose Skin Health from the Condition Center selections.

Quittin’ Time

Tobacco is the No. 1 cause of preventable death in the world.² Smoking damages nearly every organ in the human body, is linked to at least 10 different cancers, and accounts for some 30 percent of all cancer deaths. About one in four Americans light up³; 70 percent of those say they would like to quit. When you or a loved one is ready to quit, we’re here to help.

To help you kick the habit, Anthem offers smoking cessation products and programs through SpecialOffers@Anthem. Look for the link under Quick Links on MyHealth@Anthem at anthem.com.

Eat your vegetables, go out and play

Turns out Mom was right about a lot of things, including the importance of a well-rounded diet and regular activity. Scientific evidence suggests that about one-third of U.S. cancer deaths are due to nutritional and physical activity factors, including obesity.⁴ Eating a diet high in fruits and vegetables is associated with a lower risk of some cancers.⁵

Small changes can make big differences in your health. If you cut out just 100 calories a day – a single can of soda or a couple handfuls of chips, you would weigh 10 pounds less after a year. Adding a brisk 30-minute walk five days a week would have you at least 20 pounds lighter at the end of the same year. Not to mention more energetic. For more tips, go to anthem.com. Click on MyHealth@Anthem and visit the Fitness and Nutrition Health Channel. All the information and motivation you need for safe, sensible weight and fitness management is there.

1 National Cancer Institute, 2006
2 American Cancer Society, 2006
3 American Cancer Society, 2006
4 Cancer Prevention & Early Detection Facts & Figures, American Cancer Society, 2006
5 Cancer Prevention & Early Detection Facts & Figures, American Cancer Society, 2006