

A woman with her hair in a braid is sitting in a meditative lotus position on a wooden dock. She is wearing a white tank top and blue patterned leggings. Her hands are resting on her knees in a mudra. The background features a calm lake reflecting the sky, with a dense forest and mountains in the distance under a soft, golden light.

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Cancer Prevention

# Objectives

Prevalence

What is Cancer?

Cancer Prevention Guidelines

Healthy Lifestyle Behaviors

Managing risk factors

Resources available



# What Causes Cancer?

Cancer arises from the transformation of normal cells into tumor cells. These changes happen because of an interaction between a person's biological content and

1. **Physical carcinogens**: Ultraviolet and ionizing radiation;
2. **Chemical carcinogens**: Such as asbestos, components of tobacco smoke, aflatoxin (a food contaminant), and arsenic (a drinking water contaminant)
3. **Biological carcinogens**: Such as infections from certain viruses, bacteria, or parasites.

## January Cervical Cancer



## February Gallbladder Cancer



# Prevalence

Top 10 cancer rates in Ohio for Men and Female:

1. Breast Cancer
2. Prostate Cancer
3. Lung and Bronchus Cancer
4. Colon cancer
5. Uterine Cancer
6. Skin Cancer
7. Urinary Cancer
8. Non-Hodgkin Lymphoma
9. Kidney Cancer
10. Thyroid Cancer

**March**  
Colon Cancer



**April**  
Testicular Cancer



For every 100,000  
people, **438 new  
cancer cases  
were reported**

# Cancer Prevention Guidelines

## PREVENT! PREVENT! PREVENT!

Policymakers, public health professionals, comprehensive cancer control programs, community groups, doctors, and individuals can help prevent cancer in many ways.

Top ways to decrease risk:

- Increase physical activity
- Reduce alcohol intake
- Reduce indoor tanning
- Participate in Tobacco Cessation courses

**30-50% of all cancers are preventable if these risk factors are managed!**

# Cancer Screening Guidelines By Age

May  
Bladder Cancer



**Colon Cancer:** Men and Women should start testing at the age of 45 if you have no known risk factors.

**Prostate Cancer:** Men 50+ should be talking to their doctor about risks, uncertainties and potential benefits.

**Lung Cancer:** All 55+ should be talking with their doctor about their smoking history.

**Breast cancer:** all women 50-54 should be getting a mammogram every year. Starting at 55 you should be getting a mammogram every 2 years or you can continue to get them yearly.

**Cervical cancer:** Women should be tested at least every 3 years.

May  
Melanoma and  
Skin Cancer



July  
Sarcoma



September  
Endometrial Cancer



# Healthy Lifestyle Behaviors

The American Cancer Society recommends:

- To get and stay at a healthy weight throughout life
- Adopt a physically active lifestyle
- Eat a healthy diet and focus on plant sources
- Limit alcohol consumption



September  
Childhood cancer

October  
Breast Cancer



November  
Lung Cancer



# Early Detection

Chances of having cancer can be reduced by doing two things:

1. Early Diagnosis- more likely to respond to effective treatment and can result in a greater probability of surviving, less morbidity, and less expensive treatment.
2. Screening- Goal is to identify individuals with abnormalities suggestive of a specific cancer or pre-cancer who have not developed any symptoms and refer them promptly for diagnosis and treatment

# Biometric Screening

## Have you completed your screening yet?

Biometric screenings are a good chance to see if any numbers seem out of range.

## Not sure what your numbers mean?

Join us the 3<sup>rd</sup> Friday of the month for a “Know your numbers presentation”

## How can a Health coach be used?

- Help you manage your out of range numbers
- Help with setting S.M.A.R.T. goals
- Keep you accountable for things you are working towards.



# STOH Free Exams and Screenings

<b>Clinical Breast Exam</b>	<b>1/year</b>
Colonoscopy	Every 10 years starting at age 50
Glucose	1/plan year
Gynecological Exam	1/plan year
Hemoglobin/hematocrit or CBC	1/plan year
Lipid Profile	1/plan year
Mammogram	1/plan year and 1 medically necessary/plan year

# STOH Free Exams and Screenings

<b>Pre-Natal Office Visits</b>	<b>As needed based on the physicians ability to code claims separately from other maternity related appointments.</b>
Stool for Occult Blood	1/plan year
Urinalysis	1/plan year
Well-baby, well-child exam	Various for birth to 2 years; then annual to age 21
Well-person exam(annual physical)	1/plan year

# STOH Free Exams and Screenings

<b>Diphtheria, tetanus, pertussis (D-Tap)</b>	<b>2/4/6/15 and 18 months; 4/6 years</b>
Haemophilus influenza b (Hib)	2/4/6/12-15 months
Hepatitis B	Birth, 1-2 months, 6-18 months
Human papillomavirus (HPV)	3 doses for 9-26 years
Influenza	1/plan year
Measles, Mumps and Rubella	12-15 months, then at 4-6 years, adults who lack immunity
Meningococcal (MCV4)	1 dose between 11-12 years or 1 dose before high school or college

# STOH Free Exams and Screenings

<b>Pneumococcal</b>	<b>2/4/6 months, 12-15 months, then annually after age 65 and older, high risk groups</b>
Poliovirus (IPEV)	2 and 4 months, 6-18 months, 4-6 years
Rotavirus (ROTA)	2/4/6 months
Tetanus, diphtheria, pertussis (Td/Tdap)	11-12 years, Td booster every 10 years, 18 and older
Varicella (Chickenpox)	12-15 months, 4-6 years, 2 doses for adults
Zoster (Shingles)	1 does for age 19 and older

A woman with long blonde hair in a braid, wearing a white tank top and blue patterned leggings, is sitting in a meditative lotus position on a wooden dock. She is facing away from the camera, looking out over a calm lake. The background features a dense forest of evergreen trees and a large, rugged mountain range under a soft, hazy sky. The water reflects the light, creating a shimmering effect.

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# Resources

# Online Resources: Well-Being Connect

Visit [ohio.gov/tclw](http://ohio.gov/tclw) and select “Well-Being Connect”

- Trackers
- Action Items
- Journal



- Tools
- Articles
- Videos

Heart-healthy recipes and meal plans, including nutrition information

# Health Coaching

## What is it?

- Working with a health coach provides personalized support to help set goals, lower your risks, manage your conditions, and change behaviors
- No pre-existing conditions necessary to participate for wellness coaching
- Each coaching program will be created and personalized to your unique needs and goals

**To get started, call 1-866-556-2288 and select Option 2**

# The Ohio Employee Assistance Program



## Mission

To assist employees and their dependents in resolving personal and work-related problems by providing quality services, support and solutions that enhance the emotional, behavioral health and overall productivity of employees in a confidential and professional manner.

## Information & Assistance:

1-800-221-6327 (6EAP)

or 614-644-8545 (Franklin County only)

[ohio.gov/eap](http://ohio.gov/eap)

[OEAP@das.ohio.gov](mailto:OEAP@das.ohio.gov)

## Optum Behavioral Solutions:

1-800-852-1091

# Optum Behavioral Health Family Support Program

- The Family Support Program is available to all State employees who carry State of Ohio insurance
- Aims to help families who have children that are using and abusing drugs, up to age 25
- Phone access to licensed clinicians who will assess, educate, support and manage cases of children or adult dependents with substance use disorders (alcohol or drugs).

**877-229-3440**

**[liveandworkwell.com](https://liveandworkwell.com) | Access Code: 00832**

# Additional Resources

- Ohio Employee Assistance Program
  - [www.ohio.gov/eap](http://www.ohio.gov/eap)
    - Monthly newsletters
  - 1-800-221-6327
- Optum Behavioral Health
  - 877-229-3440
  - [www.liveandworkwell.com](http://www.liveandworkwell.com)
- Johns Hopkins School of Medicine
  - <http://www.hopkinsmedicine.org/health/awareness/stress.html>
- Harvard Health Publications
  - <http://www.helpguide.org/articles/stress/stress-management.htm>
- Mental Health America (Formerly the National Mental Health Association)
  - <http://www.nmha.org>
- American Psychological Association (APA)
  - <http://www.apa.org>
  - <http://www.apa.org/news/press/releases/2007/10/stress-tips.aspx>





**Thank You!**

**1-866-556-2288,**

**[Ohio.gov/tclw](http://Ohio.gov/tclw)**

