



## *Health & Fitness* Weekly Wellness Message

Fitness Assessments have been ongoing in Health Fitness for the past couple of weeks. We want to thank you for taking the time out of your busy schedules for an evaluation! It has been a great opportunity for us to talk with folks about the importance of prevention and getting appropriate health screenings in a timely manner. Because September is both National Ovarian Cancer Awareness Month and Prostate Cancer Awareness Month, we thought it fitting to highlight both of these.

When it comes to Ovarian Cancer Awareness, the Foundation for Women's Cancer urges increased emphasis on helping women understand the steps that can be undertaken to reduce the risks for gynecological cancers and receive the earliest possible diagnosis through symptom recognition.

**LEARN** about your risk because prompt medical evaluation may lead to detection at the earliest possible stage of the disease.

- The risk of ovarian cancer increases with age, especially around the time of menopause.
- A family history of ovarian cancer, fallopian tube cancer, primary peritoneal cancer or premenopausal breast cancer, or a personal history of premenopausal breast cancer place women at heightened risk for ovarian cancer.
- Infertility and not bearing children are risk factors while pregnancy and the use of birth control pills decrease risk.

**LISTEN** to your body for these symptoms:

- Bloating
- Pelvic or abdominal pain
- Difficulty eating or feeling full quickly
- Urinary symptoms, urgency or frequency

**ACT** because early-stage diagnosis is associated with an improved prognosis.

- Unfortunately, there is no screening test for ovarian cancer.
- Women need to understand their risk and listen to their bodies for symptoms.
- If you have symptoms of ovarian cancer that are frequent, persistent and new to you, ask your doctor to consider ovarian cancer as a possible cause. Most likely you do not have ovarian cancer. But if ovarian cancer is suspected or diagnosed, seek care first from a gynecologic oncologist.

Prostate cancer early detection consists of two examinations: a blood test that measures levels of Prostate Specific Antigen or PSA and a physical exam of the prostate or digital rectal exam.

The American Urological Association and the National Comprehensive Cancer Network (NCCN) say men at age 40 should consider a PSA test in order to **establish a "baseline"** level for future comparison and to determine PSA velocity (the rate at which a man's PSA score increases).

Based on guidelines set by the NCCN, if the PSA level is 1.0ng/mL or greater, an annual follow-up with the doctor is needed. If the PSA level is less than 1.0 ng/mL, the next testing should occur at the age of 45.

**KNOW** when to **ACT**. The right age to start PSA testing depends on your level of risk:

- Early detection should start at age 40 for the general population.
- African-American men, and men with one or more risk factors (such as family history, smoking or overweight) should start annual PSA testing at 40. Veterans who fought in Vietnam or Korea and who were exposed to Agent Orange are also at increased risk.
- Some men choose to take a single test at an earlier age, 35 or 40, to get a PSA level when prostate cancer is not present and establish a "baseline" level for future comparison.

**KNOW** that there are no noticeable symptoms of prostate cancer while it is still in the early stages. In order to find prostate cancer in its most treatable form, it must be caught before symptoms appear. In more advanced stages, symptoms may include:

- Difficult or frequent urination
- Difficulty having an erection
- Blood in the urine
- Frequent pain in the lower back, hips, or upper thighs

#### **UPCOMING NOTEWORTHY EVENT:**

Here are two of the main reasons that people don't donate:

- (1) They're not asked --- **consider this your INVITATION!**
- (2) Self-deferrals --- they think they can't donate because they have a health issues such as diabetes. We have the experts available to answer any of your medical questions about deferrals. Please contact Ms. Catheryn Adens at [Adens.Catheryn@med.navy.mil](mailto:Adens.Catheryn@med.navy.mil) to discuss issues that may affect your eligibility.

**ELIGIBILITY:**

To find out if you are eligible to donate, click on the following link:

[http://www.militaryblood.dod.mil/Donors/can\\_i\\_donate.aspx](http://www.militaryblood.dod.mil/Donors/can_i_donate.aspx)

**FOR ANY QUESTIONS YOU MAY HAVE RELATED TO FOREIGN TRAVEL:**

[http://www.militaryblood.dod.mil/ncrbethesda/pdfs/ASBBCForm044\\_ForeignCountryTravelInfo\\_Oct2010.pdf](http://www.militaryblood.dod.mil/ncrbethesda/pdfs/ASBBCForm044_ForeignCountryTravelInfo_Oct2010.pdf)

**FOR APPOINTMENTS:**

Donors can go to [www.militarydonor.com](http://www.militarydonor.com) to register for an appointment. The sponsor code is McNair.

**FURTHER INFO:**

To find out more about blood and why blood donors are so important, click on the following link: [http://www.militaryblood.dod.mil/Donors/about\\_blood.aspx](http://www.militaryblood.dod.mil/Donors/about_blood.aspx)

Visit The Armed Services Blood Donor Program's site to learn more about their programs:

<http://www.militaryblood.dod.mil/default.aspx>



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