

# Cancer Screening Guidelines

# 癌症筛检指南

Routine screening tests can help detect cancer at an early stage, before symptoms appear. When abnormal tissue or cancer is found early, it may be easier to treat or cure. Here are the American Cancer Society's recommendations to help guide you when you talk to your doctor about screening for certain cancers:

## Breast cancer

- Women ages 40 to 44 should have the choice to start annual breast cancer screening with mammograms (x-rays of the breast) if they wish to do so.
- Women ages 45 to 54 should get mammograms every year.
- Women ages 55+ should switch to mammograms every 2 years, or can continue yearly screening.

## Colon and rectal cancer and polyps

- People should start regular screening at age 45.
- If you're in good health, you should continue regular screening through age 75.
- For people ages 76-85, talk with your health care provider about whether continuing to get screened is right for you. When deciding, take into account your own preferences, overall health, and past screening history.
- People ages 85+ should no longer get colorectal cancer screening.

## Cervical cancer

- People should start regular screening at age 25.
- People ages 25-65 should get a primary HPV (human papillomavirus) test done every 5 years.
- People 65+ who have had regular cervical cancer testing in the past 10 years with normal results should not be tested for cervical cancer.

## Endometrial cancer

- The American Cancer Society recommends that at the time of menopause, all women should be told about the risks and symptoms of endometrial cancer. Women should report any unexpected vaginal bleeding or spotting to their doctors.

## Prostate cancer

- Starting at age 50, men should talk to a health care provider about the pros and cons of testing so they can decide if testing is the right choice for them.
- If you are African American or have a father or brother who had prostate cancer before age 65, you should have this talk with a health care provider starting at age 45.

定期筛检可以帮助在早期阶段，即症状出现之前发现癌症。早期发现异常组织或癌症，可以帮助更容易治疗或治愈。以下是美国癌症协会的建议，可以在你与医生讨论某些癌症的筛检时，给你一些指引：

## 乳腺癌

- 40至44岁的妇女如果愿意，应该选择每年进行乳房X光检查（乳房的X射线）的乳腺癌检查。
- 45至54岁的妇女应每年进行乳房X光检查。
- 55岁以上的妇女应每两年做一次乳房X光检查，或者每年检查一次。

## 结肠癌和直肠癌及息肉

- 人们应该从45岁开始定期检查。
- 如果你的健康状况良好，你应该继续定期检查到75岁。
- 76-85岁的人，请与医疗保健提供者讨论继续接受筛查是否适合。在决定的时候，要考虑到你自己的喜好、整体健康状况和过去的筛检史。
- 85岁以上的人不需再接受结肠癌筛检。

## 子宫颈癌

- 人们应该从25岁开始定期筛检。
- 25-65岁的人应每5年做一次初级人乳头瘤病毒测试。
- 65岁以上的人，如果在过去10年中进行过定期的子宫颈癌筛检，且结果正常，则不需再进行子宫颈癌筛检。

## 子宫内膜癌

- 美国癌症协会建议，在停经后，应告诉所有妇女关于子宫内膜癌的风险和症状。妇女应向医生报告任何异常的阴道出血或滴血。

## 前列腺癌

- 从50岁开始，男性应与医疗保健提供者讨论筛检的利弊，以决定筛检是否为正确的选择。
- 如果你是非裔美国人，或者你的父亲或兄弟在65岁之前患有前列腺癌，你应该从45岁开始与医疗服务提供者讨论筛检事宜。



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# 西洋菜猪肉丸子汤 (2-4人份)

## Watercress and Pork-Ball Soup (SERVES 2-4)

### 材料:

- 2-4束米粉，煮熟
- 1/4磅瘦猪肉碎
- 半茶匙新鲜生姜
- 2茶匙玉米淀粉
- 半茶匙白胡椒
- 2茶匙干雪利酒
- 3杯减盐鸡汤
- 1束西洋菜

### 步骤:

1. 把猪肉、姜、糖、玉米淀粉、胡椒粉、雪利酒和一小撮盐搅拌均匀。
2. 把调味好的猪肉捏成16-18个丸子。蒸约20分钟。
3. 在一个锅中，将鸡汤煮沸。在另一个锅里加水并烧开。放入西洋菜并再次煮沸。沥干后放在一边。
4. 将煮好的米粉、西洋菜、蒸好的肉丸和鸡汤放在一个锅里。撒上白胡椒粉，并趁热食用。

### INGREDIENTS:

- 2-4 bunches rice noodles, cooked
- ¼ lb ground lean pork
- ½ tsp fresh ginger
- 2 tsp cornstarch
- ½ tsp white pepper
- 2 tsp dry Sherry
- 3 cups low sodium chicken broth
- 1 bunch watercress



### INSTRUCTIONS:

1. Combine the pork, ginger, sugar, cornstarch, pepper, Sherry, and a pinch of salt. Stir well.
2. Shape the pork mixture into 16-18 round balls. Steam the pork-balls for ~20 minutes.
3. In a pot, bring the chicken broth to a boil. Fill another pot with water and bring to a boil. Add the watercress and let boil again. Drain and set aside.
4. Place the cooked rice noodles, cooked watercress, steamed meatballs, and chicken broth in a serving pot. Sprinkle with white ground pepper and serve hot.

