Learn your family history.

Even if you live a healthy lifestyle, you may be genetically predisposed to certain cancers. In fact, around 5-10% of cancers are inherited. These genetic predispositions can be passed down from generation to generation through either side of your family.

Our genetic counselors can help you chart your family’s cancer history, learn the science of genetic testing, and understand how your genes can impact the likelihood of developing cancer in the future. If you meet the criteria for genetic testing, our counselors will make recommendations for appropriate testing to detect hereditary cancer syndromes related to breast, colon, ovarian, pancreatic, prostate, and uterine cancers. Once the results are back, our experts will explain your particular risk to you, develop an appropriate risk deduction plan, and discuss considerations for family members.

Screenings save lives.

Regular screenings are the best way to determine if you have cancer. Those offered at McGlinn Cancer Institute include:

- **Colonoscopy**: A look at the inside of the colon to detect changes or abnormalities
- **Low Dose CT for Lung Cancer Screening**: A type of CT Scan performed on individuals age 55 to 77 who have a history of heavy smoking (1 pack per day for 30 years) and continue to smoke or have quit within the past 15 years and are experiencing no symptoms
- **Mammography**: An x-ray of the breast, both traditional and 3D, to detect tumors or the presence of breast cancer
- **Oral Screening**: A look at the mouth and lymph nodes in the neck for signs of cancer or precancerous conditions
- **PAP Smear**: A collection and screening of cells for cervical cancer and precancerous changes in the cervix
- **PSA or Prostate-Specific Antigen**: A blood test that checks for prostate cancer
- **Skin Cancer Screening**: A review of moles, bumps, or discolorations on the skin to determine if additional testing is necessary

Finding cancer early is the best chance for a cure – that’s why McGlinn Cancer Institute at Reading Hospital offers the full spectrum of tests and screenings for every patient. Utilizing the latest technologies, our nationally recognized oncology team employs diagnostic tools to detect cancer before symptoms are present.

So, what steps can you take to minimize your risk of cancer?
Make lifestyle changes.

It’s not too late to quit tobacco.

According to the National Cancer Institute, tobacco use is a leading cause of cancer and cancer-related death. Quitting smoking and the use of tobacco at any age significantly lowers your risk of developing many types of cancer including lung, larynx (voice box), mouth, throat, bladder, liver, kidneys, and others.

Fight cancer with food.

While there is no one particular food that can completely protect you from cancer, research shows that a healthy diet rich in plants, whole grains, and legumes can keep your body healthy and lower your risk. Be sure to maintain your vitamins, minerals, and antioxidant levels by choosing a variety of foods from these food groups. Additionally, a healthy weight can reduce your risk. In fact, the American Institute for Cancer Research discovered that excess body fat increases the risk of 11 types of cancers, including postmenopausal breast, colorectal, and esophageal. Reading Hospital dieticians can help you get started on your path to prevention.

Stay active.

Chances are, you’ve already heard that physical activity is crucial for maintaining your health. But did you know that a new study from the researchers at The American Cancer Society and the National Cancer Institute identified a direct link to exercise and lowered risk of at least 13 specific types of cancer? Outside of reaching a healthy weight, daily exercise can regulate body hormone levels and speed digestion — both critical factors in cancer prevention. You can even take yoga, tai chi, and flow classes right here at Reading Hospital.

Protect your skin.

More people are diagnosed with skin cancer each year in the U.S. than all other cancers combined — but you don’t have to be a part of that statistic. Staying out of the sun, applying a sunscreen with an SPF of 30 or higher, or wearing a hat or other coverings when you hit the beach can significantly reduce your risk. And, be sure to schedule regular dermatologist appointments to check spots in your skin that have changed color, size, or shape; spots that ooze, bleed, or hurt; and spots that don’t heal.

Get vaccinations.

Infections like HPV and Hepatitis left untreated can significantly increase your risk of cancer. Luckily, vaccinations to prevent these infections are available.

Get on the path to cancer prevention with our experts and download your FREE Risk and Genetic Assessment at RHOnctology.org.