

TEXAS C-STEP

Cancer Screening, Training, Education & Prevention

Women of all ages should get regular screenings to reduce their risk of breast, cervical, colorectal, and liver cancer.

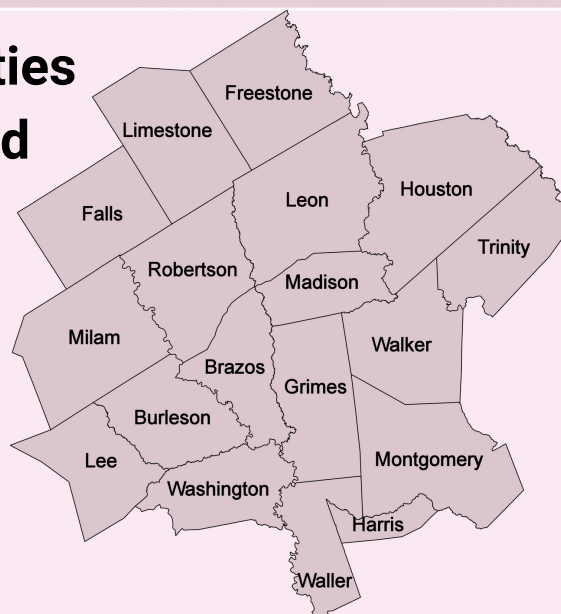


Our Service

Texas C-STEP offers **FREE** screening services and risk assessments (such as Pap tests, mammograms, FIT testing, and testing for Hepatitis C) to uninsured women.

Breast cancer accounts for about 30% of all new cancer cases in women each year in the United States. And about 11,500 new cases of cervical cancer are diagnosed each year.

Counties Served



TO SPEAK TO A LOCAL COMMUNITY HEALTH WORKER ABOUT YOUR OPPORTUNITY FOR FREE SCREENINGS & RISK ASSESSMENTS, PLEASE CALL:
979-436-0453



Texas A&M HEALTH FAMILY CARE
2900 E 29th St., Bryan, TX 77802
Se habla Español



<https://cstep.tamu.edu>



CANCER PREVENTION & RESEARCH
INSTITUTE OF TEXAS

Grant ID #PP200070



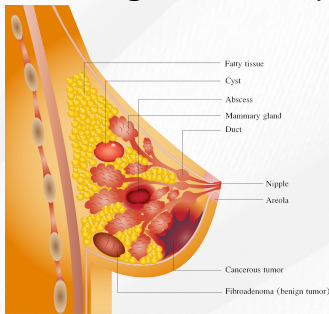
HEALTH

What is Breast Cancer?

Breast cancer happens when cells in your breast grow and divide in an uncontrolled way, creating a mass of tissue called a tumor. Mammograms are recommended annually, starting at age 45 (age 40 if desired), and every two years beginning at age 55.

Symptoms Include:

- New lump in the breast or armpit
- Thickening or swelling of part of your breast
- Pulling in of the nipple area
- Pain in any area of the breast
- Change in size or shape of the breast
- Redness or discharge from the nipple



What is Cervical Cancer?

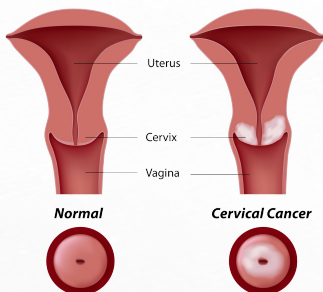
Cervical cancer is cancer that starts in the cells of the cervix. PAP Test screenings are recommended every 3 years age 21- 29 & every 5 years age 30-65 with HPV test.

You may be at increased risk for cervical cancer if:

- You smoke
- You have used birth control pills for a long time
- You have had many children
- You have had many sexual partners
- You have a virus called human papillomavirus

Symptoms Include:

- Vaginal bleeding after intercourse, between periods or after menopause
- Watery, bloody vaginal discharge that may be heavy and have a foul odor
- Pelvic pain or pain during intercourse



What is Liver Cancer?

Primary liver cancer is a disease in which malignant (cancer) cells form in the tissues of the liver. Hepatitis C screenings are recommended at least once in a lifetime for all adults aged 18 years and older.

You may be at increased risk for liver cancer if:

- You are overweight or obese
- You have a long-term hepatitis B or hepatitis C infection
- You smoke cigarettes
- You drink too much alcohol
- You have cirrhosis or hemochromatosis
- You have nonalcoholic fatty liver disease
- You have diabetes

Symptoms Include:

- Losing weight without trying
- Loss of appetite
- Upper abdominal pain
- Nausea and vomiting
- General weakness and fatigue
- Abdominal swelling
- Yellow discoloration of your skin and the whites of your eyes (jaundice)
- White, chalky stools



What is FIT Testing?

The fecal immunochemical test (FIT) is an at-home-stool screening test for **colon cancer**. It tests for hidden blood in the stool, which can be an early sign of cancer.

Who should be screened for colorectal cancer?

- FIT test (at-home stool test) screenings are recommended once a year starting at age 45 if not high risk.

Benefits of FIT Testing

- No direct risk to the colon
- No bowel prep
- No pre-test diet or medication changes needed
- Sampling done at home

What Abnormal Test Results Mean?

If the FIT test results come back positive for blood in the stool, your doctor will want to perform other tests, usually including a colonoscopy. The FIT test does not diagnose cancer.



CANCER PREVENTION & RESEARCH
INSTITUTE OF TEXAS

Texas A&M HEALTH FAMILY CARE
2900 E 29th St.
Bryan, TX 77802



HEALTH