

# In the Spirit of Health

THE UNIVERSITY OF TEXAS  
**MDAnderson**  
**Cancer Center**  
Making Cancer History®

**"I pray that you may enjoy good health and that all may go well with you." - 3 John 1:2**

## Daughter's persistence shows importance of not delaying cancer screenings

Judy Garcia  
(left) with  
her mother,  
Maria ▶



Judy Garcia is still too young to need a regular mammogram herself. But as a breast ultrasound technologist, the 30-year-old knows how important it is to not delay this annual screening exam.

"I see it every day at my job," she says. "Women come in with more advanced cases of disease because the cancer has had time to grow between their breast cancer screenings."

Judy was determined to spare her mother, Maria, from a similar fate.

By the fall of 2020, 66-year-old Maria had been putting off her regularly scheduled mammogram for more than six months. All women ages 40 and over should get a mammogram and breast clinical exam every year.

"She was scared of getting COVID-19," Judy explains. "The pandemic was everywhere at that point, so I understood. She didn't want to risk getting sick."

Still, Judy persisted, reminding her mother repeatedly that getting a mammogram was safe, and in November 2020, Maria got her screening.

It's fortunate that Judy kept pushing. Because the technologist who performed her mother's screening mammogram that day found a small area of concern in Maria's left breast. Additional testing showed it was ductal carcinoma in situ (DCIS) — or stage 0 breast cancer.

"That's the earliest stage you can possibly detect it," Judy says. "So, I'm glad Mom didn't wait any longer. Just one mammogram can make a difference."

Maria had a small lump removed and completed five days of radiation therapy with follow-up medications.

"Breast cancer treatment at MD Anderson has worked out really great for my mom," Judy says. "She's cancer-free now, doing well and has had only minimal side effects. She's so grateful now that I made her come in. I can't imagine she'll ever put off another mammogram."

**Hispanic women are more likely to be diagnosed with breast cancer at a later stage and are less likely to get prompt follow-up care after diagnosis. Don't rely solely on faith. Let your faith lead you to the best solutions for care.**

**Breast cancer screening guidelines:**

**Ages 25-39:** Get a clinical breast exam every one to three years.

**Ages 40 and over:** Get a mammogram and clinical breast exam every year.

**The earlier cancer is found, the easier it is to treat.**

Talk to your coordinator to request MD Anderson's **Breast Cancer: Learn How to Reduce Your Risk** presentation at your church.

If you have questions about In the Spirit of Health, e-mail **Community@MDAnderson.org** or call **713-792-3363**.

# Did you know?

Up to 50% of cancers in the United States could be prevented by healthy lifestyle choices. Here are nine ways you can reduce your risk for cancer:

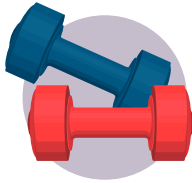
## Get screened.

Cancer screening exams are available for breast, colorectal and cervical cancers. Find out if you are up to date with your screenings using this QR code.



## Exercise.

Do at least 150 minutes of moderate exercise each week plus strength training twice a week.



## Avoid tobacco.

There is no safe form of tobacco. Text QUIT to 47848.

## Eat a healthy diet.

Focus on whole grains, vegetables and fruits, with lean proteins like chicken and fish. Limit red and processed meats.



## Maintain a healthy weight.

If you have a high body weight, you are at increased risk for cancer. Check your BMI and get tips on weight at [MDAnderson.org/Weight](https://www.mdanderson.org/Weight).

## Be skin safe.

Find shade between 10 a.m. and 4 p.m. If you are in the sun, wear a wide-brimmed hat, sunglasses and protective clothing. Use sunscreen of SPF30 or more.



## Limit alcohol.

For cancer prevention, no alcohol is best.

## Get vaccinated.

The HPV vaccine prevents six types of cancer including cervical, vaginal and vulvar cancers. Everyone ages 9-26 should get it. Adults ages 27-45 should talk to their doctor about the benefits. The hepatitis B vaccine reduces your risk for liver cancer.



## Know your family history.

Tell your doctor if you have relatives who have had cancer. Find out the cancer type and what age they were diagnosed.



## Faith without works is dead - James 2:14

Get help making the lifestyle changes you need to reduce your risk for cancer.

Take the Healthy10 Challenge from the American Institute for Cancer Research.

This FREE 10-week interactive program is designed to help you eat better and move more. Get weekly recipes, exercise tips and more. Accept the challenge using this QR code.



Open your camera or QR code reader to scan the QR code to view

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