

ABenefits Xtra

Your Health & Benefits Awareness resource published by the Human Resources Department at ABX Air, Inc.

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In the interest of the better health of our employees, this issue of *A Benefits Xtra* is dedicated to the awareness, prevention, and detection of Cancer.



June 13-14
Denver Park,
Wilmington
6p.m.-noon

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Colon Cancer

According to the American Gastroenterological Association, colorectal cancer is the second most fatal cancer in the United States and the third most common cancer overall. This year, more than 50,000 Americans will die from colorectal cancer and approximately 131,600 new cases will be diagnosed.

What is colorectal cancer? Almost all cases of colorectal cancer, also referred to as colon cancer, begin with the development of benign colonic polyps. These polyps form when cells lining the colon grow, divide, and reproduce in an unhealthy, disorderly way. These polyps can be cancerous, invading the colon wall, surrounding blood vessels, and spreading to other parts of the body. Frequently colorectal cancer begins without symptoms. However, early detection saves lives — colorectal cancer can be curable when detected early. If found early enough, the patient has more than a 90% chance of survival.

The Centers for Disease Control show that American screening rates

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Breast Cancer Risk Factors, Prevention, & Detection

Last year, 203,500 American women were diagnosed with breast cancer. Breast cancer is the most common cancer among women (after skin cancers) and is the leading cause of cancer deaths among women age 40 to 55. Men also get the disease but at much lower rates.

What are Your Risk Factors?

Being a woman and growing older are the primary risk factors for breast cancer. According to the National Cancer Institute, the chance that an American woman will develop breast cancer by age 40 is one in 217; by age 45, that risk increases to one in 93; and if a woman lives to be 85, she has a one in 8 chance of getting the cancer. White women are slightly more likely to develop breast cancer than are African-American women, while Asian, Hispanic, and American Indian women are at lower risk. Other key risk factors include:

- Personal or family history of breast cancer.
- Previous breast biopsy.
- Onset of menstruation before age 12.
- No children or first child after age 30.
- Menopause after age 50.
- Alcohol abuse.
- Being overweight and/or following a high-fat diet.

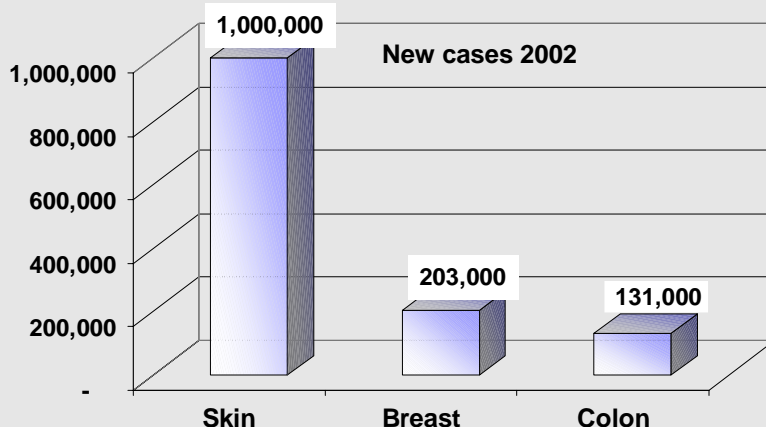
Prevention & Early Detection:

Over 70 percent of breast cancer cases occur in women with no identifiable risk factors. Accordingly, the American Cancer Society recommends the following to decrease your risk for breast cancer:

- Exercise regularly.
- Minimize alcohol use.
- Maintain a healthy weight.
- Have regular screening exams:
 - Begin monthly breast self-exams (at age 20).
 - Have a clinical breast examination performed by a doctor or nurse every three years (between the ages of 20 and 39).
 - Have a mammogram and a clinical breast examination every year (beginning at age 40).

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CANCER Snapshot



Upcoming Cancer Relay events

The American Cancer Society's premier fundraiser, *Relay for Life*, is coming to your county. Here is a list of some of the upcoming Relay's:

Clinton County - June 13-14

Greene County - May 30-31 & June 6-7

Fayette County - June 6-7

Warren County - June 13-14

Be a part of this year's *Relay for Life* — *Clinton County*.

Friday and Saturday, June 13 & 14, from

6 p.m. to noon at Denver Park.

To join TEAM ABX or for more information, call Team Captain **Angie Poppaw** at (937) 393-1099 or e-mail

angie.poppaw@airborne.com; or contact **Sherri Krazl** at ext. 2367 or e-mail y0cl@airborne.com.

Visit www.cancer.org for more information.

Breast Cancer Risk Factors, Prevention & Detection

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Breast cancer warning signs include a lump in the breast, swelling of a part of the breast, nipple pain or discharge, or skin irritation or dimpling. Early detection and better treatments have increased the 5-year relative survival rate for localized breast cancer from 72 percent in the 1940s to over 96 percent today.

Source: www.cancer.org



Colon Cancer

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remain low although the screenings for colorectal cancer are safe and effective. A variety of screening methods are available to detect polyps before they become cancerous or to detect cancer in the early stages, such as a fecal occult blood test, colonoscopy, flexible sigmoidoscopy, and barium x-ray. It is recommended by the CDC that men and women begin regular colorectal cancer screening when they reach age 50. Source: www.gastro.org

Skin Cancer Detection & Prevention Month

Welcome May sunshine by *checking and protecting your skin*. More than one million Americans will discover skin cancers this year. Another 54,200 will get *melanoma*, the most serious skin cancer. Sunscreen provides great protection from the UV rays that cause cancer, but most Americans still don't use it properly.

Clothing Styles and Fabrics Ranked for Sun Protection

Shiny polyester beats the classic cotton T-shirt. During a long day at the beach or ballpark the right clothing is important to help protect your skin from the sun's damaging rays, along with a hat, sunglasses, and sunscreen of SPF 15 or higher for exposed skin. Unfortunately research shows that common summer clothes such as the cotton T-shirt provide very little protection.

The sun's ultraviolet radiation, both UVA and UVB, easily shines through some clothing and may contribute to later development of skin cancer—even without short-term symptoms like a visible sunburn. UV damage is cumulative, which means every sunburn adds to previous sun damage that remains in deeper layers of skin.

Use the list below to learn how clothing styles and fabrics rank in protecting your skin.

Better:

- New fabrics created for sun protection
- Blue or black denim jeans
- 100% polyester
- Shiny polyester blends
- Satin-finish silk of any weight, even very thin silk
- Tightly woven fabrics
- Unbleached cotton

Worse:

- Polyester crepe
- Bleached cotton
- Viscose
- Knits, especially loosely woven materials
- Undyed, white denim jeans
- Threadbare, worn fabric

Resources

American Cancer Society

(800) 227-2345

www.cancer.org

Involved with research, education, advocacy, patient services, and rehabilitation, the ACS has a variety of support groups, including *I Can Cope* for cancer patients and families; *Reach to Recovery*, a visitation program for women with breast cancer; *Loan Closet*, a free medical equipment and supply lending program; and *Road to Recovery*, a service to assist patients with their transportation needs. They offer information on state and local support groups in every area of the United States and have many brochures available.

Cancer Care

(800) 813-HOPE(4673)

www.cancercare.org

Services from this organization are free to the public, patients, and their friends and families, and include educational materials, telephone support groups, online support groups, workshops, information and referrals, educational materials, telephone counseling and teleconference seminars, and information on services in your area.

Cancer Resource Center

(800)-940-2822

www.cancercenter.com

Offers information on who to call, what to expect, and what questions to ask. Visit the center or their website, or call for information about a diagnosis, available treatment options, and the latest news and information on developments in cancer research.

Wellness Community

(888) 793-WELL (9355)

www.brugold.com/wellness.html

Offers free services to cancer patients, including support groups, information centers, stress management and educational workshops. Their philosophy is the "active patient" concept—that patients take control of their lives and work with their medical practitioners to improve their health.