

CDC Vital Minute

Cancer – What You *Don't Know* Can Kill You

This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

When it comes to cancer, what you *don't know* can kill you.

Too many Americans over 50 haven't received potentially lifesaving screenings for colon and breast cancer. That's a problem.

Colon cancer is a leading cause of cancer deaths in the U.S., and breast cancer is a leading cause of cancer deaths among women. In fact, one out of every eight women will get breast cancer in her lifetime.

Early detection is so important.

If you're between 50 and 75, get screened for colon cancer. The earlier colon cancer is found, the easier it is to cure.

Women between 50 and 74 need to get a mammogram every two years. Screening can find breast cancer early, when treatment is most effective.

If you're over 50, talk to your healthcare provider about getting screened for cancer. It could save your life.

For more information, visit www.cdc.gov/cancer.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.