



## Reducing the Incidence of Cancer and Cancer Deaths

### INTERVENTION

### DESCRIPTION

Know the seven warning signs of cancer.

Change in bowel or bladder habits, sore that does not heal, unusual bleeding or discharge, thickening or lump in a breast or elsewhere in your body, indigestion or swallowing difficulty, obvious change in a wart or mole, nagging cough or hoarseness. If you have any of these signs, consult your doctor immediately.

Do self-examination.

Women should self-examine the breasts and men the testicles for lumps and other changes once a month. If detected early, breast and testicular cancers usually can be cured.

Schedule regular medical checkups and cancer-screening tests.

Regular medical checkups, mammograms every 1 to 2 years and Pap tests every year for women, and other screening tests for both sexes increase early detection and cure.

Avoid tobacco.

Cigarette smoking causes 90 percent of lung cancer deaths and 30 percent of all cancer deaths. Smokeless (chewing) tobacco increases risk of cancer of the mouth, larynx, throat, and esophagus.

Avoid sun exposure.

Sun exposure causes many cases of skin cancer. When in the sun for an extended time, use a sun blocker and cover exposed skin.

Avoid unnecessary X-ray exposure.

Excessive exposure to X-rays increases cancer risk. Most medical X-rays are adjusted to deliver the lowest possible dose but should not be used unnecessarily.

Avoid exposure to industrial chemicals and other pollutants.

Exposure to nickel, chromate, asbestos, vinyl chloride, and other industrial agents increases risk of various cancers.

Weigh the benefits versus risks of hormone therapy.

Because estrogen replacement increases risk of uterine and breast cancer and estrogen/progesterone replacement may further elevate risk of breast cancer, carefully consider hormone therapy with your doctor.

Maintain a healthy diet.

Avoid too much dietary fat and salt-cured, smoked, and nitrite-cured foods; eat vegetables and foods rich in fiber and vitamins A and C.



## Facilitating Adult Reentry to College

### SOURCE OF SUPPORT

### DESCRIPTION

Partner and children	Value and encourage educational efforts. Assist with household tasks to permit time for uninterrupted study.
Extended family and friends	Value and encourage educational efforts.
Educational institution	Provide orientation programs and literature that inform adult students about services and social supports. Provide counseling and intervention addressing academic weaknesses, self-doubts about success, and matching courses to career goals. Facilitate peer networks through regular meetings or phone contact. Promote personal relationships with faculty. Encourage active engagement and discussion in classes and integration of course content with real-life experiences. Offer evening, Saturday, and off-campus classes and online courses. Provide financial aid for part-time students. Initiate campaigns to recruit returning students, including those from low-income families and ethnic minority groups. Assist students with young children in finding child care arrangements, and provide on-campus child care.
Workplace	Value and encourage educational efforts. Accommodate work time to class schedules.

fidence building and assertiveness, and help adjusting to styles of learning that are at odds with their cultural background. One Chinese returning student noted that she found criticiz-

spheres of life, such as a divorce or a new intimate partnership (Esterberg, Moen, & Dempster-McClain, 1994). In this way too, returning to school can powerfully reshape the life