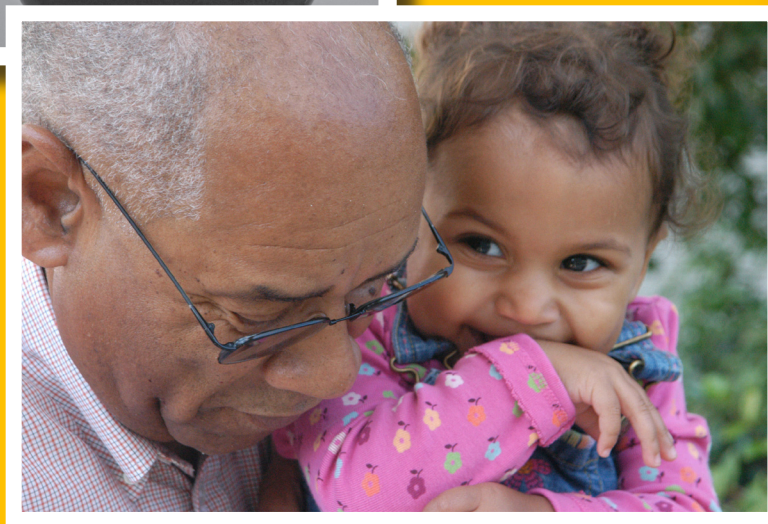


The information provided by Package of Prevention is not intended to replace the services or knowledge of a physician or medical professional. The information in the Package of Prevention Patient Playbook is intended to be a helpful tool in assisting patients to feel comfortable discussing health matters with their physician. You should consult a physician in all matters relating to your health. Package of Prevention does not guarantee that using this “patient playbook” will prevent cancer or any other illness. Package of Prevention encourages all individuals to get regular check-ups and screenings in order to remain the total package of health.

For more information about Package of Prevention please visit our website www.packageofprevention.com or email info@packageofprevention.com.



Package of Prevention **Patient Playbook**

Your Guide to Taking Charge of Your Health

www.packageofprevention.com

STAY IN THE KNOW

TOP QUESTIONS TO ASK YOUR DOCTOR ABOUT CANCER SCREENINGS & PREVENTION

1. How is my overall health?
2. Am I at risk for breast, cervical, prostate or colon cancer?
3. Are there any tests I should have at the present time based on my age, personal and family medical, and other risk factors?
4. How often should I schedule my screening exams?
5. Can you teach me how to perform a breast exam/prostate self-exam?
6. Should I be tested for sexually transmitted diseases?
7. Do I need to map moles on my body?
8. What does this test measure and why do I need it?
9. Will my health insurance pay for the total cost of this test? If not, how much will I have to pay?
10. How is the test performed?
11. What kind of pain or discomfort will I feel during the test?
12. When will I get the results of my test(s)?
13. How accurate is the test?
14. After taking the tests and getting the results what are the next steps in my treatment plan?
15. What are the possible side effects of the treatment?
16. Is it necessary to have a tumor removed? What will happen if I do not get the tumor removed?
17. What should I do if my symptoms get worse?
18. How will this diagnosis/treatment plan affect my life (home, work, relationships)?
19. Are there any alternative methods to surgery? What are the risk factors to having alternative methods to surgery?

Remember: It is okay to ask your physician questions regarding your health.

Tip: Write down questions in advance and bring them with you to your appointment.

A NOTE FROM THE PRESIDENT, COURTNEY H. SMITH

Cancer strikes fear in the hearts of the bravest men and women. It is something you always feel happens to other people, not to you or one of your loved ones. In April of 2004, during my junior year of college, my mother was diagnosed with breast cancer. When she initially noticed a lump under her left arm in February of 2003 she immediately went to her doctor. The doctor told her it was nothing to worry about; it was just an infected ingrown hair. My mother did not feel good about her diagnosis so she went to another doctor who also diagnosed her with an infected ingrown hair follicle. This doctor did, however, send my mother for a mammogram, which did not show any abnormalities in her breast. However, the mammogram had not ex-rayed under her arm where the alleged ingrown hair follicle was located. This process went on and on and one year later, the lump under my mother's arm came back. The doctors gave her the same diagnosis except, this time, my mother asked for the lump to be removed because she had a negative reaction to the prescribed antibiotics. When my mother went to the surgeon and they looked under her arm and took ex-rays, they told my mother she had breast cancer and the lumps were always cancerous.

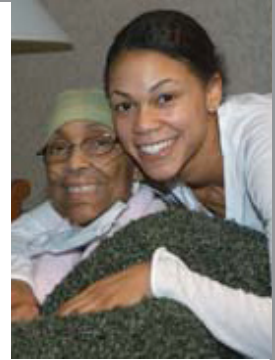
My mom underwent two surgeries and had fifteen lymph nodes removed from under her left arm. She also had to undergo chemotherapy and radiation. One of the hardest truths about my mother having breast cancer was that she had been misdiagnosed for almost two years. On October 5, 2005, my 21st birthday, my mom was officially declared cancer free. I thought the worst was over and I would soon have my mom back in good health. But just as she thought the worst was over, my mom was diagnosed with Leukemia. I couldn't believe this. My heart sank! My mother was one of the three percent of breast cancer survivors who is diagnosed with Leukemia after the chemo treatment given to the fight Breast cancer.

After many months in the hospital, numerous attempts at bone marrow transplants, blood transfusions, chemo treatments and trips to various cancer specialty hospitals across the country my mom lost her battle to cancer in February of 2006. I share with you my story to help you realize had my mom known to be a proactive patient, she may still be here with us today. If only she had trusted her gut instinct to have the lump under her arm removed. Or known to make sure the mammogram included an image of both her breasts and underarms as well as to order ex-rays, her breast cancer would have been diagnosed in the early stages.

My mom is one of the bravest people I know. She suffered so much but never complained. In fact, she was more worried about all of the other patients in the hospital and how they were going to cope with their illnesses, than she was about her own well-being.

It is my mom's inspiration that has given me a passion to educate individuals about the importance of early detection and cancer prevention. I pledge to reach out to as many individuals as possible in hopes to spark conversation about cancer, demystifying the negative stigma, which makes people so scared to talk about cancer. I think it is important to remember that there is hope after a cancer diagnosis. We just have to remember to be proactive patients and seek knowledge for our families and ourselves. I hope this patient guide will serve as a reminder to get screened for cancer and maintain regular physician visits - as well as help you to be a proactive patient, asking your doctor the questions that count.

Courtney Smith
Founder & CEO
Package of Prevention



WOMEN'S SCREENING GUIDELINES

Checkups and screenings will help you and your doctor identify health problems in their earliest stages. It is a good idea to see a doctor on a regular basis even if you feel "fine." Screenings can help to detect many diseases early when they can be treated and cured. It is important to remember that no one is exempt from developing cancer. More and more individuals are developing cancer at a young age.

18+ WOMEN

- Periodic health exam - annually
- Routine blood tests - annually
- Clinical breast exam (CBE) - every three years
- Breast self-exam (BSE) - monthly
- Skin self-exam - once a month
- Pap test - annually (make sure the Pap tests for human papillomavirus (HPV)
 - All woman should begin screening about 3 years after they begin having vaginal intercourse, or at the age of 21.
 - At age 30, if you have had 3 normal Pap tests in a row you may get screened every 2 years unless you have certain risk factors such as HIV infection, a weakened immune system due to organ transplant, chemotherapy, or chronic steroid use.
- Endometrial Biopsy - annually beginning at age 35 if you are at risk for non-polyposis colon cancer (HNPCC)
 - Report any unexpected bleeding or spotting to your doctor

References

American Cancer Society. (2007) Guidelines for the Early Detection of Cancer. Retrieved December 1, 2007, from American Cancer Society http://www.cancer.org/docroot/PED/content/PED_2_3X_ACS_Cancer_Detection_Guidelines_36.asp

IMMUNIZATIONS

TB Screen: _____

Hepatitis A: _____

Hepatitis B: _____

Influenza (Flu Shot): _____

Tetanus, Diphtheria (td): _____

Meningococcus (Meningitis): _____

Chicken Px: _____

Pneumonia (Pneumococcal): _____

Other: _____

RECORD YOUR FAMILY HISTORY

List any major illness or health conditions experienced by family members including parents, siblings, grandparents, and spouse.

Relative	Illness/ Health Condition	Current Age or Age at Death	Treatment Plan

HEALTH JOURNAL

MAJOR/CHRONIC ILLNESSES

Illness	Date of Diagnosis	Treatment	Current Status/ Treatment Plan

SURGERIES/PROCEDURES

Type	Date	Outcome

40 + WOMAN

- Periodic health exam - annually
 - Routine blood tests -annually
 - Clinical breast exam (CBE) - annually
 - Mammogram - yearly
 - Breast self-exam (BSE) - monthly
 - Skin self-exam - once a month
 - Pap test - annually (make sure the Pap tests for human papillomavirus (HPV)
 - Endometrial Biopsy - annually at the time of menopause
-Report any unexpected bleeding or spotting to your doctor
 - Choose one of the following tests at age 50
 - Fecal occult blood test (FOBT) or fecal immunochemical test (FIT) - annually
 - Flexible sigmoidoscopy - every five years
 - Fecal occult blood test (FOBT) or Fecal immunochemical test (FIT), plus flexible sigmoidoscopy - every five years
 - Colonoscopy - every 10 years
- *All positive tests should be followed up with a colonoscopy

START COLON CANCER SCREENING EARLIER IF

- A personal history of colorectal cancer or adenomatous polyps
- A strong family history of colorectal cancer or polyps
- A personal history of chronic inflammatory bowel
- A family history of an hereditary colorectal cancer syndrome (familial adenomatous polyposis or hereditary non-polyposis colon cancer

MEN'S SCREENING GUIDELINES

Checkups and screenings will help you and your doctor identify health problems in their earliest stages. It is a good idea to see a doctor on a regular basis even if you feel "fine." Screenings can help to detect many diseases early when they can be treated and cured. It is important to remember that no one is exempt from developing cancer. More and more individuals are developing cancer at a young age.

18+ MALE

- Periodic health exam - annually
- Routine blood tests - annually
- Testicular self-exam - monthly
- Skin self-exam - once a month

References

American Cancer Society. (2007) Guidelines for the Early Detection of Cancer. Retrieved December 1, 2007, from American Cancer Society http://www.cancer.org/docroot/PED/content/PED_2_3X_ACS_Cancer_Detection_Guidelines_36.asp

CURRENT HEALTH STATUS

Do you currently have any ailments or other medical conditions?

Ailment/Condition	Current Treatment/ Medication (include name, dosage, and frequency)	Other Info (name of specialist, treatment plan, etc.)

Do you currently have any health conditions or symptoms bothering you?

Description of Symptoms (Location, duration, intensity, provoking events)	Date of Onset	Actions Already Taken

MY HEALTH INFORMATION

INSURANCE INFORMATION

Health Insurance _____ Policy # _____

Vision Insurance _____ Policy # _____

Dental Insurance _____ Policy # _____

GENREAL HEALTH INFORMATION

Height _____ Weight _____ Blood Type _____

Medical Allergies _____

MY DOCTORS

Primary Doctor _____

Contact Info _____

Specialist _____

Contact Info _____

Specialist _____

Contact Info _____

Specialist _____

Contact Info _____

Specialist _____

Contact Info _____

40+MALE

- Periodic health exam - annually
 - Routine blood tests - annually
 - Testicular self-exam - monthly
 - Skin self-exam - once a month
 - Prostate-specific antigen (PSA) blood test - annually at age 50
-If you are at a higher risk for developing prostate cancer, including a strong family history talk to your doctor to see if you need to be tested earlier
 - Digital rectal examination (DRE) - annually
 - Choose one of the following tests at age 50
 - Fecal occult blood test (FOBT) or fecal immunochemical test (FIT) - annually
 - Flexible sigmoidoscopy - every five years
 - Fecal occult blood test (FOBT) or Fecal immunochemical test (FIT), plus flexible sigmoidoscopy - every five years
 - Colonoscopy - every 10 years
- * All positive tests should be followed up with a colonoscopy

****START COLON CANCER SCREENING EARLIER IF****

- A personal history of colorectal cancer or adenomatous polyps
- A strong family history of colorectal cancer or polyps
- A personal history of chronic inflammatory bowel
- A family history of an hereditary colorectal cancer syndrome (familial adenomatous polyposis or hereditary non-polyposis colon cancer)

IN ADDITION TO REGULAR SCREENINGS, HERE IS WHAT YOU CAN DO TO HELP MAINTAIN A HEALTHY, CANCER-FREE LIFE.

Maintain A Healthy Diet Diets high in fruits and vegetables, and low in fats can reduce your risk of cancer and other illnesses. Drink lots of water and avoid large amounts of sugar and salt. Diets high in fiber can reduce your risk of developing colon cancer.

Exercise Regularly Physical activity -- even just 30 minutes a day -- can help control your weight, increase strength, stamina and balance, and make you feel more energetic. Being active can also lower anxiety and depression, and can reduce the risk of many illnesses, including heart disease, colon cancer, diabetes, stroke and high blood pressure.

Reduce Stress Because it depresses your immune system, stress can make you more susceptible to many illnesses, including cancer. Manage stress by taking time to do things you enjoy, learning to relax, and getting enough sleep.

Protect Your Skin From The Sun Overexposure to the sun is the major cause of skin cancer. Children and teens are especially vulnerable to sun damage because their skin cells are still developing; damage that occurs in childhood can cause cancer later in life. People of all ages and all skin colors should wear sunscreen of at least 15 SPF, and wear protective clothing, even on hazy days.

Avoid Tobacco Lung cancer is the number one cancer Americans are diagnosed with each year. According to the Cancer Research and Prevention Foundation*, “80 percent of all lung cancer is related to smoking, and non-smokers exposed to secondhand smoke are at risk for lung cancer and other respiratory problems as well”. Talk to your doctor about ways you can quit smoking. If you live with someone who smokes, talk to them about the effects smoking can have on both of you.

Limit Alcohol Consumption If you choose to drink, limit your consumption to no more than two drinks per day. According to MD Anderson Cancer Center**, “Alcohol consumption can lead to cancers of the colon, breast, and liver, and when combined with smoking, alcohol greatly increases the risk of head and neck cancer”.

Practice Safe Sex Always wear a condom or other barrier method to prevent sexually transmitted diseases (STDs). Have frequent checks for STDs if you are sexually active. There are often no visible signs of STDs. Regardless of sexual activity, women over age 18 should have regular pelvic exams and Pap tests to detect pre-cancerous or abnormal changes in the cervix.

Know Your Family’s History Of Cancer If someone in your family has been diagnosed with cancer, you may have an increased risk of developing cancer. Be sure that your doctor is aware of your family medical history and get annual cancer screenings.

Educate Yourself Learn about cancer prevention and how to live a healthy lifestyle. Read about risk factors that may affect you and your family. The more you know, the more prepared you will be to take charge of your health care.

Be Honest When asked about your health -- such as diet, exercise, sexual practices, use of alcohol, tobacco and other drugs -- answer truthfully. It is important for your doctor to know these details in order to fully assess your health status.

Be Proactive Become the leader of your care team. Start a health journal to track illnesses for yourself and your children. Keep a list of any symptoms you have. Make a list of questions to discuss with your doctor. If you feel that something is “not right” with your body, contact your doctor. If you are not satisfied with the answers you get, ask your doctor more questions or get a second opinion. You know your body better than anyone.