



## CITY OF HOPE DIVERSITY RESOURCE GROUP

### DIVERSITY & INCLUSION INITIATIVE

Pride in the City's Mission is to create an accepting and inclusive environment that serves the needs and interests of all City of Hope LGBTQ+ employees, patients, families, and the surrounding communities.

#PrideInTheCityofHope  
pride@coh.org

### CANCER SCREENING CHECKLIST

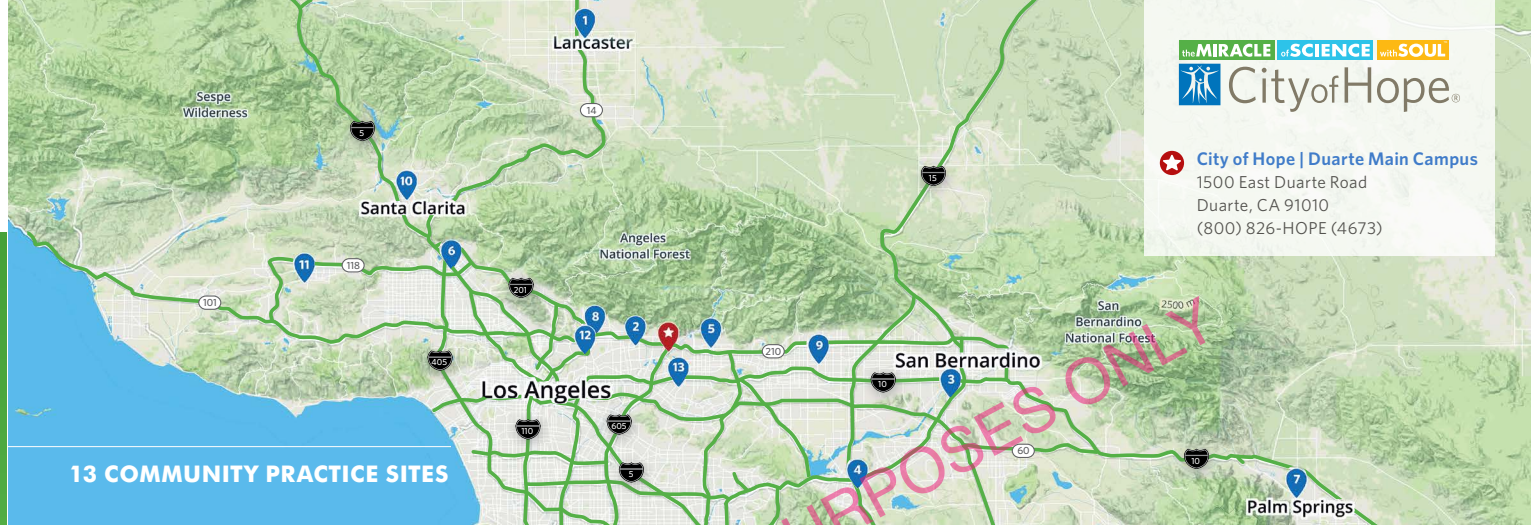
- Colorectal Cancer Screening Date: \_\_\_\_\_
- Lung Cancer Screening Date: \_\_\_\_\_
- Breast Cancer Screening Date: \_\_\_\_\_
- Cervical Cancer Screening Date: \_\_\_\_\_
- Prostate Cancer Screening Date: \_\_\_\_\_
- Other Cancer Screenings \_\_\_\_\_

Talk with your doctor about your history and whether you should have additional tests at an earlier age.



1500 East Duarte Road, Duarte, CA 91010 800-826-HOPE  
CityofHope.org

MED 21704



**City of Hope | Duarte Main Campus**  
1500 East Duarte Road  
Duarte, CA 91010  
(800) 826-HOPE (4673)

- 1 City of Hope | Antelope Valley**  
44151 15th St. West, Lancaster, CA 93534  
(877) 828-3627 (661) 902-5600  
**Specialties:** Breast Oncology | Colorectal Oncology | Digestive Oncology | General Surgery and Surgical Oncology | Medical Oncology | Pediatric Oncology | Radiation Oncology | Thoracic Oncology | Urology/Urologic Oncology
- 2 City of Hope | Arcadia**  
301 W. Huntington Drive, Suite 400  
Arcadia, CA 91007  
(626) 218-9840  
**Specialties:** Breast Surgery | Colorectal Oncology | Gastrointestinal Surgery Gynecologic Oncology | Hematology Hepatobiliary Surgery | HIPEC | Medical Oncology | Neuro-Oncology | Neurosurgery Plastic Surgery | Surgical Oncology Urogynecology | Urology/Urologic Oncology
- 3 City of Hope | Arcadia Radiation Oncology**  
301 W. Huntington Drive, Suite 120  
Arcadia, CA 91007  
(626) 574-3657  
**City of Hope | Colton**  
400 N. Pepper Ave., Colton, CA 92324  
(909) 580-2775  
**Specialties:** Hematology | Medical Oncology
- 4 City of Hope | Corona**  
1280 Corona Pointe Court, Suite 112  
Corona, CA 92879  
(951) 898-2828  
(951) 898-2826  
**Specialties:** Hematology | Medical Oncology | PET-CT | Radiation Oncology
- 5 City of Hope | Glendora**  
412 W. Carroll Ave., Suite 200  
Glendora, CA 91741  
(626) 914-3921  
**Specialties:** Colorectal Surgery Hematology | Hepatobiliary Surgery Medical Oncology | Reconstructive Urology (Men's and Women's Health) | Surgical Oncology | Urology/Urologic Oncology
- 6 City of Hope | Mission Hills**  
15031 Rinaldi St., Suite 150  
Mission Hills, CA 91345  
(818) 660-4700  
**Specialties:** Gynecology/Gynecologic Oncology | Medical Oncology Urology/Urologic Oncology
- 7 City of Hope | Palm Springs**  
1180 N. Indian Canyon Drive, Suite E-218  
Palm Springs, CA 92262  
(760) 416-4832  
**Specialties:** Gynecology/Gynecologic Oncology
- 8 City of Hope | Pasadena**  
630 S. Raymond Ave., Suite 220  
Pasadena, CA 91105  
(626) 218-9500  
**Specialties:** Urology/Urologic Oncology Reconstructive Urology (Men's Health)
- 9 City of Hope | Rancho Cucamonga**  
7777 Milliken Ave., Suites 110, 210 & 330  
Rancho Cucamonga, CA 91730  
(909) 949-2242  
**Specialties:** Hematology | Medical Oncology
- 10 City of Hope | Santa Clarita**  
26357 McBean Pkwy., Suite 150  
Santa Clarita, CA 91355  
(661) 799-1999  
**Specialties:** Gynecology Consultations Gynecologic Oncology | Medical Oncology Urology/Urologic Oncology
- 11 City of Hope | Simi Valley**  
1157 Swallow Lane, Simi Valley, CA 93065  
(805) 527-2770  
**Specialties:** Gynecology/Gynecologic Oncology | Hematology | Medical Oncology
- 12 City of Hope | South Pasadena**  
209 Fair Oaks, South Pasadena, CA 91030  
(877) 998-7546  
**Specialties:** Breast Oncology | Breast Surgery Colorectal Surgery | Endocrinology Gastrointestinal Surgery | Genetic Testing Gynecologic Oncology | Hematology Hepatobiliary Surgery | HIPEC Medical Oncology | Neuro-Oncology Orthopaedic Surgery | Otolaryngology — Head and Neck Surgery | Pediatric Oncology | Plastic Surgery | Radiation Oncology | Surgical Oncology | Thoracic Oncology | Urology/Urologic Oncology
- 13 City of Hope | West Covina**  
1250 S. Sunset Ave., Suite 303  
West Covina, CA 91790  
(626) 856-5858  
**Specialties:** Hematology | Medical Oncology

# CANCER PREVENTION TIPS

CITY OF HOPE'S TIPS TO LIVING A HEALTHIER LIFE

## APPROVED



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# CANCER PREVENTION BY THE NUMBERS

Anyone can develop cancer, but preventive action can be taken to lower the chance of getting cancer. Here are some simple ways you can change your eating habits and make lifestyle choices that can help you get healthy and reduce your risk of getting cancer.

18.5-24.9

The recommended range of a person's body mass index (BMI) is between **18.5 and 24.9**. It is important to keep your BMI under control in order to prevent obesity and reduce the risk of certain diseases and cancers.



90

Stay away from tobacco products. Cigarette smoking is blamed for one in five deaths in the United States and for **90** percent of lung cancer deaths.

7

Eat at least **7** servings of fresh fruits and vegetables every day. Fresh fruits and vegetables give you the vitamins and fiber you need to maintain optimal health.



1-2

Avoid heavy use of alcohol. People who drink alcohol should limit their intake to no more than **2** drinks per day for men and **1** drink per day for women.

25

Fat should make up from 20 to **25** percent of your diet. Make sure to choose good fats that are naturally found in fish, almonds and avocados.



50

Over **50** percent of gynecological, anal, penile, and mouth and throat cancers are caused by human papillomavirus (HPV). Get tested. Get vaccinated. Practice safe sex.

150

Get **150** minutes of moderate intensity activity per week or 75 minutes vigorous intensity activity per week to keep you strong, help you burn calories and manage your weight.



25-38

The daily recommended fiber intake for men and women under the age of 50 is **38** and **25** grams, respectively. Fiber-rich food groups, such as whole grains, fruit, legumes and vegetables, help you feel fuller longer, so they are linked to a lower body weight.

30

Protect skin from excessive sun. SPF **30** sunscreen blocks 97 percent of UVB rays. Remember to reapply every two hours once you are outside.



2,300

Too much salt increases your risk of stomach cancer. Limit sodium to less than **2,300** mg a day — or **1,500** mg if you are over the age of 51 or you have high blood pressure, diabetes or chronic kidney disease.