



OFFICE OF CANCER HEALTH EQUITY

Let us know how we can help you!

- ▶ Education sessions
- ▶ Community outreach
- ▶ Cancer navigation that is appropriate to both language and culture

Call **336-713-3665** or email **CancerEquity@wakehealth.edu** to learn more about the Office of Cancer Health Equity or to schedule an education session.

To learn more, go to **WakeHealth.edu** or call **888-716-WAKE**.

Follow us:
 @wfcancerequity  @wfcancerequity  WF Cancer Equity

TREATMENTS

- ▶ Some options include surgery, chemotherapy, and/or radiation.
- ▶ General treatment options are tailored to the patient and are evolving everyday through the use of clinical research.
- ▶ Studies are underway to see if less invasive treatments of abnormal cells may lower the risk of anal cancer in high-risk individuals.
- ▶ To learn more about current clinical trials, visit **WakeHealth.edu/BelInvolved**.

ADDITIONAL RESOURCES AVAILABLE AT:

National Cancer Institute: **cancer.gov**

American Cancer Society: **cancer.org**

University of California San Francisco:
analcancerinfo.ucsf.edu

To make an appointment:
888-716-WAKE \ WakeHealth.edu



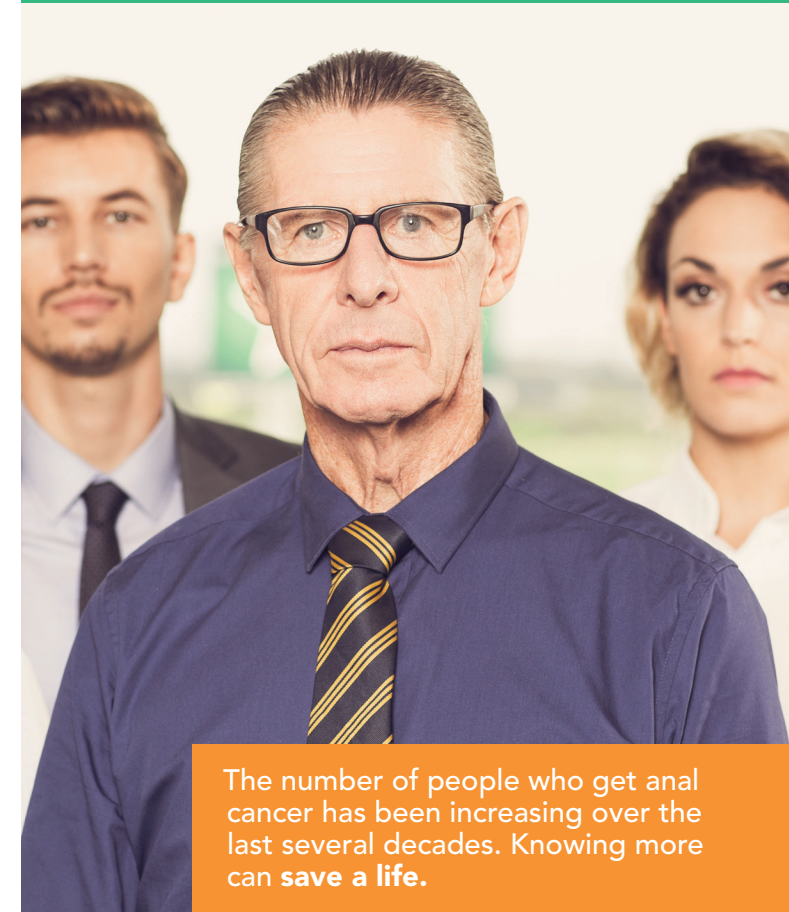
Comprehensive Cancer Center

Office of Cancer Health Equity
Medical Center Boulevard
Winston-Salem, NC 27157

These materials are provided in part by the *Jane Walker Perkinson Memorial Fund*, an endowed fund dedicated to the Office of Cancer Health Equity at Wake Forest Baptist Medical Center's Comprehensive Cancer Center.

KNOW YOUR BODY

A Quick Guide to Anal Cancer



The number of people who get anal cancer has been increasing over the last several decades. Knowing more can **save a life**.



OFFICE OF CANCER HEALTH EQUITY

What is Anal Cancer?

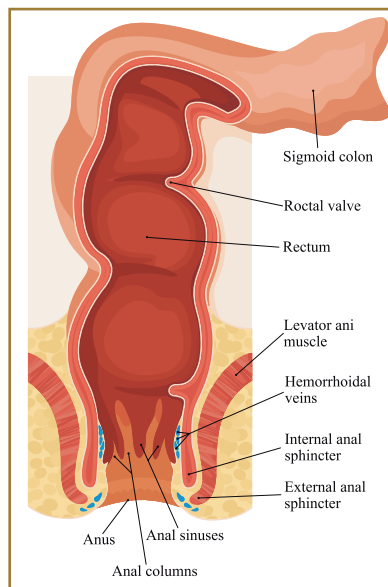
Anal cancer begins when abnormal cells develop in the anus, the opening at the end of the colon where waste exits the body. Anal cancer occurs in both men and women. People living with certain infections such as HIV/AIDS have a much higher risk of getting anal cancer.

SYMPTOMS

Early anal cancer does not usually cause symptoms. However, symptoms may include:

- ▶ Bleeding from the anus or rectum
- ▶ A lump or swelling near the anus
- ▶ Itching or discharge from the anus
- ▶ A change in bowel habits
- ▶ Constant pain or pressure in the anal area
- ▶ Pain when moving your bowels or having sex

If symptoms last longer than two weeks, talk to a medical professional.



WHAT CAN I DO?

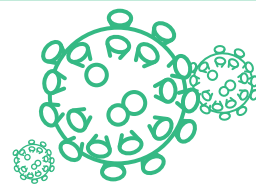
KNOW YOUR RISK



HPV



Smoking



HIV



Lowered immunity

TAKE STEPS TOWARD PREVENTION



Get HPV Vaccine



Use Condoms



Quit smoking immediately or never start



Talk to your doctor



Talk to your doctor

SCREENING & DIAGNOSIS

The following tests and procedures may be used to examine the anus, find, and possibly prevent anal cancer:

- ▶ Digital Ano-Rectal Exam (DARE): A physical exam of the anus and rectum to feel for abnormalities.
- ▶ High Resolution Anoscopy: An exam that looks inside the anus and lower rectum under high magnification. This may be used to diagnose anal cancer early, or to lower the risk of anal cancer by removing abnormal cells.
- ▶ Proctoscopy: An exam that looks inside the anus and the entire rectum and removes tissue samples to view under a microscope.
- ▶ Anal Pap: An exam that checks cells taken from the opening of the anus under a microscope. Medical professionals are currently studying whether anal pap, with HPV testing, may be used to find anal cancer early and any changes that may lead to cancer.

Over 90% of anal cancers are caused by HPV, a common virus spread through any type of sexual contact. There are several types of HPV. Many types don't cause problems. Some types of HPV can lead to anal cancer.

Don't be embarrassed—learn about your risk and talk to a health care provider.

To make an appointment:

888-716-WAKE \ WakeHealth.edu