

## MCM: Why more preventive screening is needed in Hispanic communities

According to a recent [study](#) by the American Cancer Society, cancer is a leading cause of death among those of Hispanic heritage living in the U.S. Hispanic and Latino people are less likely to be diagnosed with lung, colon, breast and prostate cancers than non-Hispanic white men and women.

Dr. Jesse Bracamonte, a Mayo Clinic family medicine physician, says preventive screenings for cancer and other diseases are effective ways to help reduce these burdens.

Video	Audio
:35- :41 Jesse Bracamonte, DO. Family Medicine Mayo Clinic	“Colorectal cancers and breast cancers are on the rise in the Hispanic community. And one of those reasons may be from lack of screening.”
	Dr. Jesse Bracamonte says culture, access to care and past experiences contribute. But early screening can prevent future serious health issues.
	“Screening tests for diabetes (such as checking a simple blood sugar), for cardiovascular disease to prevent strokes (such as checking in cholesterol and blood pressure), colon cancer screening, breast cancer screening for females, are all available tools.”
	Talk with your doctor to figure out the right screenings and when you should begin. For instance:
	“Colon cancer screening for both men and women usually at age 45 is an option, breast cancer screening for women in their 40s such as with mammogram.”
	He recommends having a list of questions for your doctor about what you can do to stay healthy, too.
2	“Have that list prepared about what I should get done to keep me healthy in the long term. What behaviors can I do in the long term to stay healthy? Because I think prevention is a key.”
	For the Mayo Clinic News Network, I’m Joel Streed.