



### Mayo Clinic Minute: Health screenings in underserved communities

Cancer is a leading cause of death among Hispanic people in the U.S., according to the [American Cancer Society](#). Compared to non-Hispanic white people, Hispanic men and women are less likely to be diagnosed with common cancers like lung, colorectal, breast and prostate cancer, and they are more likely to develop cancers in the liver, stomach and cervix, often linked to infections like HPV.

Early detection through screening can prevent serious health issues. Dr. Jesse Bracamonte, a Mayo Clinic family medicine physician, stresses the need for healthcare workers to discuss the importance of health screenings with patients, especially in underserved communities.

| Video  | Audio  |
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|  | "Educating underrepresented groups is very important to prevent cancer."   |
|  | Mayo Clinic's Dr. Jesse Bracamonte says some groups of people, including those in the Hispanic community, have higher rates of disease because they may not be getting the proper screenings.  |
| Jesse Bracamonte, D.O.<br>Family Medicine<br>Mayo Clinic | "Colon cancer screening, breast cancer screening, cervical cancer screening, screening for heart disease are all very important because those things are very predominant in our culture, in our society, and if caught early, it can be prevented." |
|  | The type of screening depends on a person's age and gender.  |
|  | "For example, colorectal cancer screening is, at age 45, looking for colon cancer. Cervical cancer screenings, such as pap tests, we start at 21 in females."  |
|  | Breast cancer screening is recommended to start at age 40, and regular blood pressure checks can help monitor overall health.  |
|  | "One of the most important things that you can do is see your clinician, minimum, probably once a year, based on your age level, which is really important because the overall staying healthy and staying out of the doctor's office."              |
|  | For the Mayo Clinic News Network, I'm Jason Howland.   |