



# Ride 2 Survive Sullivan County

*Ride 2 Survive-Sullivan County, Inc. is a community based volunteer organization whose mission is to assist with transportation expenses for Sullivan County residents or those receiving treatment locally, who are under the care of an oncologist and who have been diagnosed with cancer or pre-malignant conditions.*

## Did you know?

### Ride2Survive - Sullivan County, Inc.

- Since its inception in 2013, Ride 2 Survive - Sullivan County, Inc. has dispersed over \$165,000 to more than 900 community members.
- Works closely with oncologists and treatment centers to assist with transportation expenses.

Applications are available at Catskill Regional Medical Center and Crystal Run Healthcare or can be downloaded from our website.



For more information contact any Ride 2 Survive Board Member:

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**RIDE 2 SURVIVE - AN ALL VOLUNTEER EFFORT**

## Ride 2 Survive - Sullivan County, Inc.

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Ride 2 Survive - Sullivan County, Inc. is a not for profit 501(c)3 organization.

For more information

[www.ride2survivesullivancounty.org](http://www.ride2survivesullivancounty.org)

## Breast Cancer:

- Women 45-54 should have yearly mammograms
- Women 55 and older may switch to mammograms every 2 years
- Some women, because of their family history, genetic factors, or certain other conditions, should be screened with breast MRIs along with their mammograms

## Lung Cancer:

Screening with a low dose CT of the chest may be right for you if you:

- have smoked at least one pack of cigarettes per day for 30 years and are either still smoking or have quit within the last 15 years
- are 55-74 years old

## Colon Cancer:

- All men and women, starting at age 45, should have a colonoscopy every 10 years

## Prostate Cancer:

- All men, beginning at age 50, should discuss screenings with their health professional
- All African American men, or those who have had a father or brother diagnosed with prostate cancer before the age of 65, should have this discussion beginning at age 45

## Cervical and Endometrial (Uterine) Cancer:

- Girls ages 11-12 should receive the HPV vaccination
- Women ages 21-29 should have a pap test every 3 years
- Women ages 30-65 should have a pap test plus an HPV test every 5 years
- Women ages 65 and older with normal test results over a 10 year period no longer need testing. Women with a history of pre-cancer should continue to be tested for at least 20 years after the diagnosis of pre-cancer
- Menopausal women should report any unexpected vaginal bleeding or spotting to their physician

## Reduce Your Cancer Risk:

- All boys ages 11-12 should receive the HPV vaccination
- Stay away from all forms of tobacco
- Limit alcohol consumption
- Eat plenty of fruits and vegetables and maintain a healthy weight
- Get regular check-ups and cancer screening tests
- Know yourself, your family history, and your risks

## SEE SOMETHING, FEEL SOMETHING, SAY SOMETHING!

- These are general guidelines recommended by the American Cancer Society. Everyone should talk to his/her physician about the best screening options for him/her.