

## **An Oversized Approach to Cancer Screening Awareness**

One OSF HealthCare physician took an eye-catching approach to tackle the topic of preventative cancer screenings.

Gastroenterologist Omar Khokhar spent an afternoon on a giant inflatable pink chair at OSF HealthCare St. Joseph Medical Center in Bloomington for the American Cancer Society. He used the sizable seat as a conversation starter with passersby about the importance of getting screened.

“It’s about breast cancer, colon cancer and other cancers that are preventable if find out early enough about them,” said Dr. Khokhar.

He continued, “It’s one of those things we don’t think about. We’re all busy with our daily lives and we are in the grind of doing things and before you know it you’re 40 or 45 and some of those things are due, and especially in the terms of breast cancer and colon cancer.”

Getting screening tests regularly may find breast, cervical, and colorectal cancers early, when treatment is likely to work best. Dr. Khokhar says people need to be their own health advocates.

“It’s about being proactive about your health,” he explained. “If you’re under 40 go out and get a physical once a year, and just make sure you’re up to speed with the stop lights and the sign posts you should be going through, and if you’re above 40 or 45, you should not only be getting a physical, but you should be more proactive about, ‘should I be getting screened for any kind of cancer.’”

Speak to your doctor about what screenings are recommended for you. However, you shouldn’t limit your questions to your physician. When it comes to cancer screening recommendations, knowing your family history is important to help with early detection.