Are you overdue for your CANCER SCREENINGS?

Make an appointment with your doctor to find out. Take these guidelines with you.

Important cancer screening guidelines

One of these cancer screenings could save your life. Understand the testing you need at each age. Then, talk with your family doctor to learn more about your personal risk and the best time for these screenings.

BREAST CANCER:
- Women in their 20s and 30s should receive a breast exam during regular health check-ups at least every three years.
- Women ages 40 and older should have an annual breast exam during regular health check-ups and an annual mammogram.

CERVICAL CANCER:
- Women ages 21 to 29 should have a Pap test every three years.
- Women ages 30 to 65 should have Pap and HPV tests every five years.

COLORECTAL CANCER:
- Men and women ages 45 and older should have a colonoscopy every 10 years.

In May 2018, the American Cancer Society updated their guidelines to begin screenings at age 45 instead of 50. Please check with your insurance company regarding coverage if you are under the age of 50.

PROSTATE CANCER:
- Men age 50 or older should talk with their doctor to make an informed decision on whether or not to be tested.

LUNG CANCER:
- Men and women ages 50 to 77, with a high risk of lung cancer, should ask their doctor if they could benefit from a lung cancer screening.

SKIN CANCER:
- Men and women, especially over age 18, should always request a skin exam during regular health check-ups.

Source: American Cancer Society®