

Early Detection Can Save Your Life Schedule your Preventive Screenings Today

Prostate: Beginning at age 50 have an annual prostate-specific antigen (PSA test) and an annual digital rectal exam. If you are African American or have a family history, talk with your physician about annual testing at a younger age.

Testicular: Schedule a yearly testicular exam with a health care professional. Starting at age 15 practice a testicular self-exam once a month.

Colorectal Cancer: Beginning at age 50 have a fecal occult blood test yearly. Also beginning at 50 have a digital rectal exam every five to 10 years. A colonoscopy should be performed every five to 10 years. **If you have a family history of colorectal cancer or if you have had colorectal polyps or inflammatory bowel disease talk to your health care professional about screenings more frequently.**

Skin Cancer: Examine your skin for changes in a mole, a brown spot with irregular edges, a new mole, a small shiny or waxy lump, raised nodule that may crust or bleed. Report changes to your health care provider. Protect your skin with sunscreen at least SPF 15. Reapply every two hours when out in the sun.



Talk to your physician about a screening schedule that is right for you!