

Early Detection Can Save Your Life

Schedule your Preventive Screenings Today

Breast Cancer: Be sure your physician completes a clinical breast exam as part of your well-female exam. *Remember your monthly breast self-exam.*

Mammogram: Guidelines suggest an initial baseline mammogram between ages of 35 and 40. Ages 40-49 should have a mammogram every two years and over 50 should have a mammogram once a year. **If you have a family history of breast cancer please consult your physician for a screening timetable.**

Cervical Cancer: Schedule a yearly well-female exam with Pap test and pelvic exam. Practice safe sex and avoid smoking or secondhand smoke.

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, or a 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!