





Be Screened for Cancer

Cancer screening is the regular examination of a person who does not have any symptoms. Breast, cervical, colorectal and prostate screening tests can find cancer early, before it has had a chance to spread. Cervical and colorectal screening tests can also find abnormal cells before they become cancer. When cancer is detected early and treated, there are more treatment options and a better chance of survival.

Talk to your health care provider about these tests. Depending on your personal and family history, you may need to be screened earlier or more often.

Type of Cancer	Who should be screened?	Screening Method and Schedule
Breast 	All women *	<ul style="list-style-type: none"> • Clinical breast exam by a trained health care provider at your regular check-up, every 1-2 years
	Women age 40 to 49	<ul style="list-style-type: none"> • Talk to your health care provider about having a mammogram
	Women age 50 and over	<ul style="list-style-type: none"> • Mammogram every 2 years, or as recommended by your health care provider
Cervical 	All women	<ul style="list-style-type: none"> • Pap test every year, starting within 3 years of first sexual activity • If tests are normal for 3 years in a row, Pap tests can be done every 2-3 years • Continue Pap tests until at least age 70
Colorectal 	Average risk men and women age 50 and over	<ul style="list-style-type: none"> • Fecal Occult Blood Test (FOBT) every 2 years • Positive tests should be followed up with a colonoscopy
	Men and women with a family history of colorectal cancer	<ul style="list-style-type: none"> • Colonoscopy at age 50, or ten years earlier than the age at which a parent, brother, sister or child was diagnosed, whichever occurs first
Prostate 	Men age 50 and over	<ul style="list-style-type: none"> • Talk to your health care provider about the risks and benefits of screening and early detection of prostate cancer

* As a woman, you are also encouraged to get to know how your breasts usually look and feel. Report any changes to your health care provider.

May 2011