

GET YOUR REAR *get your cancer screenings!* IN GEAR

Routine cancer screening can detect cancer early, even if you have no signs or symptoms and increases the likelihood your treatment will be successful.

Talk with your healthcare provider about any personal or family history of cancer to determine if you should begin any cancer screenings at an earlier age or be tested more frequently. Having one or more family members with a history of certain cancers, including breast, colorectal and prostate cancers, may place you at higher risk for development of cancer.

Find your age and match screenings		20s	30s	40s	50s	60s	70s	80s
Breast cancer screening And check	<i>Clinical Breast Exam</i>	*	*	*	*	*	*	*
	<i>Mammogram</i>		*	*	*	*	*	Talk to provider
Cervical cancer screening <i>Ages 21-65. After age 65, talk with health care provider.</i>		*	*	*	*	*	Talk to provider	Talk to provider
Colorectal cancer screening <i>Ages 45-75. After age 75, talk with health care provider.</i>				*	*	*	*	Talk to provider
Dental oral cancer exam <i>Visit your dentist every 6 months and ask for an oral cancer exam.</i>		*	*	*	*	*	*	*
Hepatitis B vaccination <i>Up to age 60 if not previously vaccinated. After age 60, talk with health care provider.</i>		*	*	*	*	*	Talk to provider	Talk to provider
Hepatitis C testing <i>At least once between ages 18-79.</i>		*	*	*	*	*	*	
HPV vaccination <i>Up to age 26 if not previously vaccinated.</i>		*						
Lung cancer screening <i>Active or past smokers who smoked a pack a day for at least 20 years. Talk to health care provider after age 80.</i>					*	*	*	Talk to provider
Prostate cancer screening <i>Shared decision-making beginning at age 50. If Black or if a close relative was diagnosed before age 65, start talks at age 45. If more than one close relative diagnosed, start talks at age 40.</i>				*	*	*	*	*
Skin Check <i>Get an annual skin check.</i>		*	*	*	*	*	*	*
Testicular check <i>Ask your health care provider to examine during routine physical.</i>		*	*	*	*	*	*	*

