

askSARAH[®] About Cancer Screening



Breast Cancer



MONTHLY:
Breast
self-exams



EVERY 3 YEARS:
Breast exam by
your physician or
practitioner



**CONSULT MD
ANNUALLY:**
Mammogram and
breast exam by your
physician or practitioner

Calculate your breast cancer risk by visiting: [Cancer.gov/bcrisktool](https://www.cancer.gov/bcrisktool)



Cervical Cancer



**EVERY 3
YEARS:**
Pap test



EVERY 5 YEARS:
Pap test and
HPV test



STOP TESTING
Women with
normal history
should stop testing*

*Women with an abnormal diagnosis should be tested for 20 years following the result, even if testing continues past age 65.

A woman whose uterus and cervix have been removed for non-cervical cancer reasons, and who has no history of cervical or pre-cervical cancer, should not be tested.



Colorectal Cancer



SCREENING:
Flexible sigmoidoscopy every 5 years or a colonoscopy every 10 years

*Dependent on your risk, there are alternative tests.
Consult with your physician for more information.

Please consult your physician. He or she may recommend screening earlier based on your family or personal history with cancer.



Questions? Call [1.844.482.4814](tel:18444824814)

(See reverse for additional screening information.)

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Lung Cancer



SCREENING:

Low-dose CT scan

Current smokers or those who have quit within the past 15 years and who have at least a 30 pack-year smoking history



1 pack/day x 30 years = **30 pack-year history**

2 packs/day x 15 years = **30 pack-year history**



Skin Cancer



SCREENING:

Regular full body skin self-exams and skin exams by your doctor

*Those at high risk for skin cancer include those with reduced immunity, personal history of skin cancer and a strong family history of skin cancer.



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