

REGULAR CANCER
SCREENINGS ARE
**IMPORTANT
FOR YOU.**
& THE ONES YOU LOVE.

If you're considering whether to get a cancer screening, consider who else your decision might affect.

Please use this guide to see which cancers you should be on the lookout for and when you should get screened.

Early detection can lead to longer, happier lives. For everyone.



Our team has the modern diagnostic technology ready to assure your cancer screenings are completed in a timely manner — and without the hassle of driving to a center far away from home.

Learn more at <CUSTOM URL HERE>.

Schedule a preventative screening at <CUSTOM PHONE NUMBER HERE> or talk to your healthcare provider.

DON'T LIVE
WITH FEAR
**LIVE
LONG**

EARLY DETECTION SAVES LIVES



YOUR GUIDE FOR BREAST,
COLORECTAL (COLON/RECTAL), LUNG
& PROSTATE CANCER SCREENINGS.



BREAST CANCER

Breast cancer is the second-leading cause of cancer deaths in women, with lung cancer being the first. There is a 1 in 8 chance a woman in the U.S. will develop breast cancer at some point in her life, and in 2025 it is expected about 42,170 women in the U.S. will die from it. Black women have a 40% higher breast cancer mortality rate than others.

WHO SHOULD BE SCREENED & WHEN:

- Women between 40-44 have the option to start screening with a mammogram every year.
- Women 45-54 should get mammograms every year.
- Women 55 and older can get mammograms every other year.

SCREENINGS

Mammograms are the most common diagnostic test for breast cancer screenings. But most often, the best place to start is with regular self-exams. Learn how easy they are to do here: [breastcancer.org/screening-testing](https://www.breastcancer.org/screening-testing).

- 2D Mammogram: Image of breast using two X-ray images.
- 3D Mammogram: Creates 3D pictures using breast X-rays from several different angles. Current studies have shown 3D mammograms find more cancers than traditional 2D and are believed to reduce the number of false positives.

COLORECTAL CANCER

Colorectal cancer is the third-most common cancer worldwide, and 1 in 24 people will be diagnosed with it in their lifetime. Colorectal cancer is often discovered at advanced stages when treatment options are limited. But the good news is with recommended screenings, colorectal cancer can be easily treatable and survivable.

WHO SHOULD BE SCREENED & WHEN:

- Men and women with an average risk should start getting screened at age 45.
- If you have a family history of colon cancer, in particular a close relative diagnosed before age 50, you might be advised to start screening around age 35.
- It is recommended to get screenings every 10 years after your first screening.

SCREENINGS

Although a *colonoscopy* is the most common type of screening for colorectal cancer, there are a few other types of tests that can be taken. Check with your doctor for which is best for you.

- Colonoscopy
- CT Colonography (Virtual Colonoscopy)
- Flexible Sigmoidoscopy
- Stool Tests:
 - Guaiac fecal occult blood test (gFOBT)
 - Fecal immunochemical test (FIT)
 - FIT-DNA test

LUNG CANCER

Lung cancer has the highest death rate in the U.S. compared to any other cancer. In 2021, the lung cancer death rate was 37% higher amongst men than women. 1 in 16 people will be diagnosed with lung cancer in their lifetime.

WHO SHOULD BE SCREENED & WHEN:

- Those who have a 20-pack-year* or more smoking history and smoke now or have quit within the last 15 years and are between 50-80 years old
- People who are frequently exposed to secondhand smoke
- Those with a family history of lung cancer
- People who've previously had radiation therapy
- Those who've had exposure to radon gas or to cancer-causing substances such as asbestos, arsenic, chromium or nickel

*A pack-year is smoking an average of one pack of cigarettes per day for one year.

SCREENINGS

The CDC recommends a low-dose CT scan or LDCT. During this scan, the patient lies on the table and an X-ray machine uses a low dose of radiation to make detailed images of the lungs. It only takes a few minutes. Research shows that unlike chest X-rays, yearly LDCT scans to screen people at higher risk of lung cancer can save lives. For these people, getting yearly LDCT scans before symptoms start helps lower the risk of dying from lung cancer. Ask your healthcare provider about LDCT insurance coverage.

PROSTATE CANCER

Prostate cancer is the second-leading cause of cancer death in American men behind lung cancer. About 1 in 8 men will be diagnosed with prostate cancer during their lifetime, but because prostate cancer often grows slowly, proper screenings can play a big role in saving lives.

WHO SHOULD BE SCREENED & WHEN:

- The American Cancer Society recommends men consult with their health care provider about whether to be screened for prostate cancer starting at age 50.

SCREENINGS

- Prostate Specific Antigen (PSA) blood test:
 - A PSA test measures how much PSA is in the blood. PSA is a protein produced by the prostate gland.
- Digital Rectal Examination:
 - A healthcare provider inserts a gloved, lubricated finger into a man's rectum to feel for abnormalities (NOTE: The U.S. Preventive Services Task Force does not recommend this as a screening test because of lack of evidence).

