





# Health Guide for Cancer Screenings

This guide lists the different types of cancer screenings available to women. Screenings give customer-owners the opportunity to talk to their primary care provider about family health history and ask about diabetes, osteoporosis, high blood pressure or cholesterol.

Type of Cancer	Screening Method	When to Get Screened*
Breast cancer 	Mammogram	Women ages 40 – 74; every one to two years.
Cervical cancer 	Pap test (Pap smear) only	Women ages 21 – 65; every three years.
	Human papilloma virus (HPV) test combined with a Pap test	Women ages 30 – 65 years; every five years.
Colorectal (Colon) cancer 	Colonoscopy, sigmoidoscopy, or fecal occult blood testing	Men and women ages 40 – 75 years; depends on the type of test used.
Lung 	Low-dose computerized tomography (CT) scan	Men and women ages 55 – 80 years old and are a heavy smoker or a past smoker who quit within the last 15 years; every year.

Source: cdc.gov

\*Talk with your primary care provider about getting screened. Depending on personal health history, family health history, or screening results, your doctor may recommend a different screening schedule.

For more information, please contact  
**Health Education**  
 (907) 729-2689  
 southcentralfoundation.com

