

Women's Health Guide for Cancer Screenings

► This guide lists the different types of cancer screenings available to women. In addition to screenings, annual well-woman exams 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 and fecal immunochemical test	Women ages 40 – 75 years; depends on the type of test used.
Lung	Low-dose computerized tomography (CT) scan	Women ages 55 – 80 years and are a heavy smoker or a past smoker who quit within the last 15 years; every year.

SOURCE: CDC.GOV AND DHSS.ALASKA.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.

Health Education
(907) 729-2689
southcentralfoundation.com

