





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
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