

Breast Cancer – Screening for breast cancer occurs for most women starting around 40. 40 to 44 should have the choice of getting an annual mammogram. 45-54 should get a yearly mammogram. 55 and older should get mammograms every 2 years. Screenings should occur if the woman is in good health and is expected to live 10 years or longer. Women should know how to identify an abnormality in their breasts. They should also know the benefits, limitations, and risks of mammograms.

Colon Cancer – Screening for colon cancer starts at 45. A person should continue regular screening through age 75. People ages 76 to 85 should talk to their healthcare provider to see if they should keep getting screened. People over 85 should no longer get colorectal cancer screening.

Cervical Cancer – Screening for cervical cancer should start at 25. 25 to 65 should get a primary human papillomavirus test done every 5 years or a co-test (HPV with a Pap test) every 5 years or a Pap test every 3 years. People over 65 who have had regular cervical cancer testing in the past 10 years with normal results should not be tested. Once testing is stopped it should not be started again. Those with a history of cervical pre-cancer should continue screening for 25 years after diagnosis even if they are over the age of 65.

Lung Cancer – Yearly lung screenings for 50- to 80-year-old in good health, current smokers or those who have quit smoking in the past 15 years, and those who have had at least a 20 pack-year smoking history.

Prostate Cancer – Starting at 50 men should talk to their healthcare provider about the pros and cons of testing. If the man is African American or has a father or brother who had prostate cancer before age 65, they should talk with a healthcare provide starting at age 45. If you get tested you must get a PSA blood test with or without a rectal exam, the PSA will determine how often you are tested.

Personal Behaviors that put me at Risk for Cancer:

1. Obesity

Obesity is the one factor that puts me at risk for cancer. I do not smoke, drink, have HPV, and my family does not have a known history of cancer. My obesity is a factor I can control. If I start to work towards losing weight it will lower my chances of getting cancer. Some changes I could make to change this one factor is working out and eating healthier.