

## <sup>ଲ୍</sup>askSARAH About **Cancer Screening**



AGE

20 +

### **Breast Cancer**



self-exams



**EVERY 3 YEARS:** Breast exam by your physician or practitioner



**CONSULT MD** ANNUALLY: Mammogram and breast exam by your physician or practitioner

Calculate your breast cancer risk by visiting: Cancer.gov/bcrisktool

Women should talk with their physicians regularly starting as early as age 25 about their individualized risk for breast cancer, as higher risk women may benefit from genetic counseling or early screening.





EVERY 3 YEARS: Pap test



**EVERY 5 YEARS:** Pap test and HPV test



STOP TESTING

Women with normal history should stop testing\*

\*Women with an abnormal diagnosis should be tested for 20 years following the result, even if testing continues past age 65. A woman whose uterus and cervix have been removed for non-cervical cancer reasons, and who has no history of cervical or pre-cervical cancer, should not be tested.





SCREENING:

Flexible sigmoidoscopy every 5 years or a colonoscopy every 10 years

\*Dependent on your risk, there are alternative tests. Consult with your physician for more information.

Please consult your physician. He or she may recommend screening earlier based on your family or personal history with cancer.



Questions? Call <sup>Q</sup>askSARAH 1.844.482.4812 (See reverse for additional screening information.)

# Real Action Screening



Lung Cancer

SARAH CANNON



AGE

20+

**SCREENING:** Low-dose CT scan

Current smokers or those who have quit within the past 15 years and who have at least a 30 pack-year smoking history

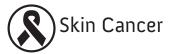


How do I determine my pack-year?

> # of cigarette packs/day x # of years you have smoked

1 pack/day x 30 years = **30 pack**year history

2 packs/day x 15 years = **30 pack**year history



#### SCREENING:

Regular full body skin self-exams and skin exams by your doctor

\*Those at high risk for skin cancer include those with reduced immunity, personal history of skin cancer and a strong family history of skin cancer.





### Questions? Call Calk askSARAH 1.844.482.4812

Please consult your physician. He or she may recommend screening earlier based on your family or personal history with cancer.

sarahcannon.com