

# Get Your Tests!

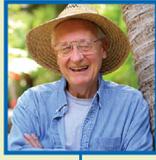
Regular cancer testing can help save your life. Ask your doctor or nurse about these tests.

Be sure to tell your doctor or nurse if you have had any type of cancer or if your mother, father, brother, sister, or children have had cancer.

## To lower your chances of getting cancer and other diseases:



Don't use tobacco. If you do, ask your doctor or nurse about quitting.



Protect yourself from the sun.



Eat plenty of fruits, vegetables, and whole grains, and smaller amounts of red and processed meats and high-fat dairy products.



Get to and stay at a healthy weight.



Drink less alcohol, if you drink at all.



Get moving with regular physical activity.

## Women

### 21-29 years of age:

#### To check for breast cancer

- Tell your doctor or nurse right away if you notice any changes in the way your breasts look or feel.

#### To check for cervical cancer

- Get a Pap test every 3 years.

### 30-39 years of age:

#### To check for breast cancer

- Tell your doctor or nurse right away if you notice any changes in the way your breasts look or feel.

#### To check for cervical cancer

- Get a Pap test and an HPV test every 5 years, OR
- Get a Pap test every 3 years.

### 40-44 years of age:

#### To check for breast cancer

- Tell your doctor or nurse right away if you notice any changes in the way your breasts look or feel.
- You have the choice to start breast cancer screening with mammograms (x-rays of the breasts) if you wish to do so.

#### To check for cervical cancer

- Get a Pap test and an HPV test every 5 years, OR
- Get a Pap test every 3 years.

### 45-54 years of age:

#### To check for breast cancer

- Tell your doctor or nurse right away if you notice any changes in the way your breasts look or feel.
- Get a mammogram every year.

#### To check for cervical cancer

- Get a Pap test and an HPV test every 5 years, OR
- Get a Pap test every 3 years.

#### To check for colon cancer

- Starting at age 50, get tested for colon cancer. There are many tests used to check for colon cancer. Talk to your doctor or nurse about these tests, how often they are done, and which is best for you.

### 55 years of age and older:

#### To check for breast cancer

- Tell your doctor or nurse right away if you notice any changes in the way your breasts look or feel.
- Switch to mammograms every 2 years, or continue yearly screening.
- Continue to get mammograms as long as you are in good health and expected to live 10 more years or longer.

#### To check for cervical cancer

- Get a Pap test and an HPV test every 5 years, OR
- Get a Pap test every 3 years.
- Women 65 years and older who have had normal Pap tests on a regular basis can stop testing.
- Women who have had a serious cervical pre-cancer should be tested for at least 20 years after the diagnosis.

#### To check for colon cancer

- Continue to get tested for colon cancer.

## Men

### 40-49 years of age:

#### To check for prostate cancer

Starting at age 45:

- If you are African American, or if your father, brother, or son had prostate cancer before age 65, your doctor should discuss the pros and cons of testing with you so you can decide if testing is right for you. If you decide to be tested, you should have a PSA blood test with or without a rectal exam. How often you're tested will depend on your PSA level.

### 50 years of age and older:

#### To check for prostate cancer

- Your doctor should discuss the pros and cons of testing with you so you can decide if testing is right for you. If you decide to be tested, you should have a PSA blood test with or without a rectal exam. How often you're tested will depend on your PSA level.

#### To check for colon cancer

- Get tested for colon cancer. There are many tests used to check for colon cancer. Talk to your doctor or nurse about these tests, how often they are done, and which is best for you.



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