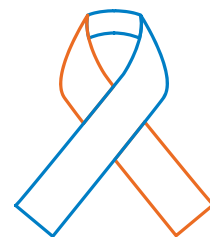


Screenings that save lives



If you are not sure which screenings you need, you are not alone. Here are some common screenings that you may want to talk to your doctor about.

The early stages of many cancers may not have symptoms.

Colorectal Cancer (also called colon cancer)

If found and treated early, this cancer has the greatest chance of being cured.

DID YOU KNOW?

Your risk of colorectal cancer may be higher if you

- are age 45 and older
- have a family history of colorectal cancer or polyps
- have inflammatory bowel disease

Often there are no symptoms until the cancer is too far along and difficult to cure.

WHEN SYMPTOMS DO EXIST, THEY MAY INCLUDE:

- Bloody stool
- Diarrhea or constipation
- Feeling your bowel does not empty all the way
- Abdominal pain, aches, or cramps that do not go away
- Weight loss and you don't know why

Sources: University of Chicago Medicine, National Library of Medicine, CDC.gov

Note: The U.S. Preventive Services Task Force (USPSTF) and American Cancer Society recommend average risk individuals ages 45-75 be screened for colorectal cancer through age 75. After age 75, the decision to be screened is based on health risk, screening history, life expectancy and overall health.

Screening options

If you are 45 years old or older, you may not want to think about it, but it is time to get screened for colorectal cancer.

The great news is that there is more than one type of screening for average risk people.

SCREENING TEST	DESCRIPTION	OVERVIEW
Visual (traditional) Colonoscopy	A visual exam of your colon / rectum using a scope (small thin tube with a camera).	<ul style="list-style-type: none">• The exam is performed by a doctor (must be scheduled).• Prep includes limiting certain medicines, foods and liquids, and taking a laxative before the test. Your doctor will guide you.• You are sedated, so usually someone must drive you to and from your appointment.• Polyps (if found) can be removed during the procedure.
Stool test (also called a fecal immunochemical test (FIT)) Best for people with an average risk of colorectal cancer.	This test can be done at home.	<ul style="list-style-type: none">• You get a kit from your doctor.• No prep or sedation is required.• You mail your sample to a lab.• If you find blood in your stool, you will need a colonoscopy.• This test may be an option if you are hesitant about having a colonoscopy.

The two above tests are most common; there may be other options available to you. Talk to your doctor. Together you can decide which test may be right for you.

If a screening becomes diagnostic (a polyp needs to be removed for example), or if you need a follow-up to remove a polyp after doing a home test, you may have out-of-pocket costs. Not all screening types are covered by all plans.

Breast Cancer

Screening can help find breast cancer early and when it is easier to treat.

At what age should I get a mammogram?

Screening should start by age 40 and happen every one to two years after that. Your health care provider may recommend screening sooner based on your personal health risk factors or family history.

- **Breast cancer is the most common cancer in women of any race or ethnicity in the United States.** (*Cancer.org*)
- **Breast cancer in men is rare.** (*CDC.gov*)
- **All people of any gender should discuss any breast lump with their health care provider right away.**

Note: The United States Preventive Services Task Force (USPTF), January 2024 guidelines recommend screening starting at age 40. The American Cancer Society does recommend women between 40 and 44 should have the option to start screening with a mammogram every year. Women 45 to 54 should get mammograms every year. Women 55 and older can switch to a mammogram every other year, or they can choose to continue yearly mammograms.

READY TO SCHEDULE A BREAST CANCER SCREENING?

Talk to your primary care provider and discuss screening options.

Text GET SCREENED to 81336

for a list of New York state breast cancer screening providers near you.

Call 1-866-442-2262 (TTY 711)

anytime for 24/7 information on breast cancer screening in your area.

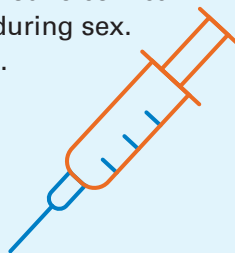
Cervical Cancer

Cervical cancer can form in the cervix (the lower part of the uterus or womb). It is usually curable if found early.

Mucosal human papillomavirus (HPV) is strongly linked to cervical cancer and is spread mainly by skin-to-skin contact during sex. An infected person may have no signs or symptoms.

HPV vaccination is recommended for children, teenagers, and adults between the ages of 9-26.

Source: American Cancer Society



YOUR RISK INCREASES IF YOU:

- Were sexually active at a young age
- Have had many sexual partners
- Are with a high-risk partner

Starting at age 21, women should be screened every 3-5 years. Talk to your doctor about screening. A Pap test can be done during a pelvic exam. A human papillomavirus (HPV) test checks cells for infection with HPV. Screening is still required even if you have been vaccinated for HPV.

Skin Cancer

Ultraviolet (UV) radiation from too much sun can cause wrinkles, dry skin, age spots, and puts you at risk for cancer and eye disease.

Facts

- Skin cancer is the most common cancer in the United States. (*cancer.gov*)
- 1 in 5 Americans will develop skin cancer in their lifetime.
- People of all skin colors can get skin cancer and sun burns, including people with darker colored skin.

Check your skin regularly. Look for changes, such as new moles or changes to existing moles.

If you have any of these risk factors, have a dermatologist check your skin annually for changes.

Protect your skin when outdoors. Cover exposed skin and wear a wide-brimmed hat to shade your face, head, ears and neck when outdoors. Most importantly, use sunscreen with SPF 30 to protect you from ultraviolet (UV) rays.

YOUR RISK OF SKIN CANCER MAY BE HIGHER IF YOU HAVE:

- A personal or family history of skin cancer or skin lesions
- A large number of moles
- Used a tanning bed
- Ongoing sun exposure now or in the past (boating, work outside, etc.)
- A history of blistering sun burns