

YOU'RE SO worth it

Women: These cancer prevention and screening guidelines are for you

One of the ways you can live your best life is to maintain your health and wellness through expert preventive care.

More than 850,000 women in the U.S. were estimated to receive a new cancer diagnosis this year. Following prevention and screening guidelines can help detect cancer earlier and improve patient outcomes.

Lead a healthy lifestyle at any age

- Stay away from all forms of tobacco.
- Maintain a healthy weight.
- Get moving with regular physical activity.
- Eat plenty of fruits, vegetables, and whole grains.
- Protect your skin from UV sun exposure.
- Know your personal health, family history, and risk factors.
- Be aware of any hazards associated with your occupation.

These recommendations are for people who are at average risk for developing cancer and who are not experiencing any symptoms of disease. You and your doctor may create a more personalized prevention and screening plan.

	20s	30s
BREAST Annual new diagnoses in U.S. women: 252,710	<ul style="list-style-type: none"> • Know how your breasts normally look and feel so you can detect any changes. • Schedule a clinical breast exam every three years. • Talk with your doctor about your family history and risk. 	<ul style="list-style-type: none"> • Know how your breasts normally look and feel so you can detect any changes. • Schedule a clinical breast exam every three years.
CERVICAL Annual new diagnoses in U.S. women: 12,820	<ul style="list-style-type: none"> • Talk to your doctor about getting the human papillomavirus (HPV) vaccine before age 26. • Schedule an HPV test and Pap test every five years or a Pap test only every three years. 	<ul style="list-style-type: none"> • Schedule an HPV test and Pap test every five years or a Pap test only every three years.
OVARIAN Annual new diagnoses in U.S. women: 22,440	Talk with your doctor about your family history (ages 20 to 50 and older).	
COLORECTAL Annual new diagnoses in U.S. women: 47,820	Talk with your doctor about your family history (ages 20 to 50 and older).	
ENDOMETRIAL Annual new diagnoses in U.S. women: 61,380	Talk with your doctor about your family history (ages 20 to 50 and older).	
LUNG Annual new diagnoses in U.S. women: 105,510		



▼ PLAN AHEAD

Attend our Women's Cancer Prevention event
at Soin Medical Center on Jan. 21. Register at
ketteringhealth.org/womenshealth

Did you know?

All Kettering Breast Evaluation Centers, Kettering Health Network-affiliated OB/GYN practices, and many family medicine practices have patients complete an annual family history questionnaire as part of routine preventive care. The family history questionnaire reveals whether a patient is at an increased risk for developing a familial or genetic cancer. If an increased risk is present, a physician will likely recommend genetic screening to test for the presence of harmful genes. Learn more:

1-877-930-9354

40s

- Know how your breasts normally look and feel so you can detect any changes.
- Schedule an annual clinical breast exam.
- Begin annual mammograms at age 40.
- Schedule an HPV test and Pap test every five years or a Pap test only every three years.
- Report any ongoing abdominal swelling; digestive problems; pain in the abdomen, pelvis, back, or legs; or a constant feeling of needing to urinate.

50+

- Know how your breasts normally look and feel so you can detect any changes.
- Schedule an annual clinical breast exam.
- Have an annual mammogram.
- Up to age 65: Schedule an HPV test and Pap test every five years or a Pap test only every three years.
- Over 65: If you have had three or more consecutive normal HPV and Pap tests, or a total hysterectomy, you can stop cervical cancer screening.
- Report any ongoing abdominal swelling; digestive problems; pain in the abdomen, pelvis, back, or legs; or a constant feeling of needing to urinate.
- Schedule a colonoscopy or similar screening every 5–10 years, depending on the test.
- After menopause, report any unexpected bleeding or spotting to your physician.
- Ages 55–74: If you are a current or former smoker with at least a 30-pack-year history or a 20-pack-year history, plus additional risk factors, you may be a candidate for an annual low-dose lung CT scan. (A pack-year is the number of cigarette packs smoked each day multiplied by the number of years a person has smoked.)

Source: American Cancer Society