



Because I Got Screened



I got to...

graduate

be a dad

travel

write a book

hug my grandkids

retire

Cervical Cancer

Cervical cancer is the easiest female cancer to prevent, with regular screening tests and follow-up

When Should I Get Tested?

- **Age 21-29:** Pap testing every 3 years
- **Ages 30-65:** Pap+HPV Co-test every five years

What Test Might I Get?

Pap Test

Looks for cell changes on the cervix that might become cervical cancer if untreated

HPV Test

Looks for the virus (human papillomavirus) that can cause harmful cell changes

Talk to your doctor about screening and which tests are right for you

Breast Cancer

Breast cancer is the most common cancer in women, with regular screening recommended

When Should I Get Tested?

- **Age 20-39:** Clinical breast exam every 3 years performed by a health professional
- **Age 40+:** Clinical breast exam and mammogram every year for as long as the woman is in good health

What Test Might I Get?

Mammogram

An x-ray of the breast used to help find breast cancer early in women who do not have any symptoms

Clinical Breast Exam

Examination of your breast and under your arms by a health professional to check for unusual findings like lumps

Talk to your doctor right away if you notice a lump or other change in your breast

Colorectal Cancer

Colorectal cancer is preventable, detectable and treatable, with regular screening and follow-up

When Should I Get Tested?

- **Age 50+:** Begin screening
 - Stool test every year
 - Sigmoidoscopy every 5 years
 - Colonoscopy every 10 years
- If you have a family history of colorectal cancer or polyps, talk to your doctor about screening earlier

What Test Might I Get?

Stool Test

This test checks for hidden blood in the stool

Sigmoidoscopy

Rectum and lower colon test using a lighted instrument

Colonoscopy

Rectum and entire colon test using a lighted instrument

Talk to your doctor about screening and choose the best test for you

Lung Cancer

Lung cancer screening, for individuals at high risk, may help to detect the disease at an earlier, more treatable stage

When Should I Get Tested?

- **Age 55-80:** If you are at higher risk for lung cancer, annual screening is recommended

What Test Might I Get?

CT Scans

This x-ray like test looks for smaller abnormalities in the lungs

You are at higher risk for lung cancer

- Age 55-80, and
- Have at least a 30 pack-year history of smoking (this is equal to 1 pack/day for 30 years or 2 packs/day for 15 years), and
- Are a current smoker or former smoker who has quit within the past 15 years
- If you smoke and need help quitting, call the Michigan Tobacco Quitline at 1-800-784-8669

Talk to your doctor about lung cancer screening including its benefits and risks