

MEN'S GUIDE TO CANCER SCREENING

Being healthy means taking care of yourself—even if you don't feel sick. This card has important information on tests you should have to stay healthy.

PROSTATE CANCER

Experts disagree on prostate cancer screening at this time. You should talk to your doctor about what is right for you. Men who have a family history of prostate cancer should let their doctor know about that history.

Digital Rectal Examination: This test lets your doctor check for growths or swelling of the prostate gland. Your doctor will gently insert a gloved and lubricated finger into your rectum to check for problems.

Age: 50 years old and over **How Often:** Every year

Prostate-specific antigen (PSA): This test is used to measure the level of PSA in the blood. A high number could be an early sign of cancer. Other things can cause high PSA levels too. Talk to your doctor about whether this blood test is right for you.

Age: 50 years old and over **How Often:** Every year

COLORECTAL CANCER

Colonoscopy: A special tube with a camera on the end is used to **see your entire colon**. This test can find and remove small growths (known as polyps) which may become cancer over time.

Age: 50-75 years old **How Often:** Every 10 years

Flexible Sigmoidoscopy: A special tube with a camera on the end is used to **see a part of your colon**. Because this test doesn't look at the entire colon, polyps may be missed.

Age: 50-75 years old **How Often:** Every 5 years

Fecal Occult Blood Test (FOBT): This test looks for blood in your stool and can be done at home using a special kit. A stool sample should be collected for **three days in a row** using the materials from the kit. The kit should then be mailed to the laboratory. Your doctor may have you get a colonoscopy if blood is found in your stool. Some foods and medicines can affect this test.

Age: 50-75 years old **How Often:** Every year

Fecal Immunochemical test (FIT): This test looks for blood in your stool and can be done at home using a special kit. **Two stool samples in a row** should be collected using the materials provided in the kit. The kit should then be mailed to the laboratory. Your doctor may have you get a colonoscopy if blood is found in your stool. Some foods and medicines can affect this test.

Age: 50-75 years old **How Often:** Every year

**For information on screening please call:
(202) 442-9170**

WOMEN'S GUIDE TO CANCER SCREENING

Being healthy means taking care of yourself—even if you don't feel sick. This card has important information on tests you should have to stay healthy.

BREAST CANCER

Mammograms: This special x-ray can show very small changes in your breast before you feel them.

Age: 40-74 years old **How Often:** Every 1-2 years

Clinical Breast Exam (CBE): A doctor will feel for changes in your breast tissue. The examination should include your breast, neck, and under your arm.

Age: 20-39 years old **How Often:** Every 3 years

Age: 40 years old and older **How Often:** Every year

Breast Self Examination (BSE): A BSE will let you to know how your breasts feel so you can find changes in your breast and tell your provider. You should still get regular mammograms and clinical breast examinations by a health care provider.

Age: 20 years old and older **How Often:** Monthly

COLORECTAL CANCER

Colonoscopy: A special tube with a camera on the end is used to see your entire colon. This test can find and remove small growths (known as polyps) which may become cancer over time.

Age: 50-75 years old **How Often:** Every 10 years

Flexible Sigmoidoscopy: A special tube with a camera on the end is used to see a part of your colon. This test does not look at the entire colon so polyps may be missed.

Age: 50-75 years old **How Often:** Every 5 years

Fecal Occult Blood Test (FOBT): This test looks for blood in your stool and can be done at home using a special kit. A stool sample should be collected for **three days in a row** using the materials from the kit. The kit should then be mailed to the laboratory. Your doctor may have you get a colonoscopy if blood is found in your stool. Some foods and medicines can affect this test.

Age: 50-75 years old **How Often:** Every year

Fecal Immunochemical test (FIT): This test looks for blood in your stool and can be done at home using a special kit. **Two stool samples in a row** should be collected using the materials provided in the kit. The kit should then be mailed to the laboratory. Your doctor may have you get a colonoscopy if blood is found in your stool. Some foods and medicines can affect this test.

Age: 50-75 years old **How Often:** Every year

CERVICAL CANCER

Pap Smear: A Pap smear looks for abnormal cells on your cervix.

Age: 3 yrs after first sexual activity **How Often:** Every 3 yrs*

Age: 21-65 years old **How Often:** Every 3 yrs*

* only after 3 normal tests in a row, otherwise more often.

**For information on screening please call:
(202) 442-9170**