

Screening & Prevention For Women.



Our Journey of Hope provides pastors and ministry leaders with the tools, training and support to help raise up cancer care ministries in their churches and communities.

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies.

- I Corinthians 6:19-20 (New International Version)



Now, you have more power than ever to **detect cancer early.**

Regular examinations and health screenings can make a big difference. Take care of your body by scheduling an appointment with your primary care physician to complete your annual physical and receive individual screening recommendations.

By Age

Age Group	Screening Recommendations
20's & 30's	<ul style="list-style-type: none">• Monthly skin self-exams• Monthly breast self-exams• Pap test every 3 years• Knowing your risks to determine other early screenings
40's	<ul style="list-style-type: none">• Monthly skin self-exams• Annual mammograms• Colorectal screening• Consider a colonoscopy if you have poor diet/exercise routines
50's	<ul style="list-style-type: none">• Monthly skin self-exams• Bi-annual mammograms• Annual physical exam• Annual colonoscopy• Pap + HPV test every 5 years• Annual lung screening (if at risk, 55 yrs.+)
60's	<ul style="list-style-type: none">• Monthly skin self-exams• Bi-annual mammograms• Monthly breast self-exams• Annual physical exam• Pap test every 3 years• Annual lung screening (if at risk)• Pap + HPV test every 5 years• Colonoscopy every 5-10 years

Source: Centers for Disease Control and Prevention, April 2015

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