

SCREENING & PREVENTION For Men and Women.



IF DETECTED EARLY, CANCER MAY BE EASIER TO TREAT.

Regular examinations and health screenings may make a big difference. Schedule an appointment with your primary care physician to complete a physical and receive individual screening recommendations.

BY AGE

20's
& 30's

- Monthly skin self-exams
- Monthly breast self-exams
- Pap test every 3 years
- Knowing your risks and speaking with your physician to determine other early screenings (colonoscopy and mammogram)

40's

- Monthly skin self-exams
- Monthly breast self-exams
- Pap test every 3 years
- Annual mammograms (starting at age 45)
- Colorectal screening (starting at age 45)

50's

- Monthly skin self-exams
- Bi-annual mammograms
- Physical exam (annually from 50-54, biannually 55+)
- Annual colorectal screenings
- Pap + HPV test every 5 years
- Annual lung screening (if at risk, 55 years +)

60's

- Monthly skin self-exams
- Bi-annual mammograms
- Monthly breast self-exams
- Annual lung screening (if at risk)
- Pap + HPV test every 5 years (until 65, as long as tests come back normal)
- Colonoscopy every 5-10 years (through age 75)

BY AGE

20's
30's
& 40's

- Monthly skin self-exams
- Monthly testicular self-exams
- Knowing your risk and speaking with your physician about prostate and colon cancer screenings (Starting at 45)

50's
& 60's

- Monthly skin self-exams
- Monthly testicular self-exams
- At 50, all men should speak with their physician about prostate cancer screening
- Annual lung screening (if at risk, 55 years +)
- Colonoscopy (starting at age 45 through age 75)

SOURCES: cancer.org

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. - 1 Corinthians 6:19-20 (New International Version)



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