

Get the Cancer Screenings You Need

These guidelines are for average-risk individuals. If you have a personal or family history of cancer, please discuss your cancer surveillance with your doctor.

Breast: Age 40

- Yearly screening mammogram
- Begin yearly clinical breast exam by healthcare provider and monthly breast self-exam at age 25

Cervical: Age 21-29

- Pap smear every 3 years

Cervical: Age 30-65

- Pap smear every 3 years or Pap smear and HPV test every 5 years

Colon: Age 45

- Colonoscopy every 10 years for asymptomatic men/women with no personal or family risk factors

Lung: Age 50-77

- Have smoked at least a pack of cigarettes a day for 20+ years
- Have one additional lung cancer risk factor such as exposure to radon gas, exposure to asbestos and other carcinogens, or family history of lung cancer

Lung: Age 55-77

- Are currently a smoker or have quit within the past 15 years
- Have smoked at least a pack of cigarettes a day for 30+ years

Prostate: Age 45

- PSA and Digital Rectal Exam every 1-2 years until age 75, dependent on PSA

Your primary care physician will help you stay on track with these screenings. Bring this card to your next well care visit.

What Is Cancer Screening?

Cancer screening exams are medical tests performed when you are healthy, with no signs of illness.

Key Points:

- Cancer screening is looking for cancer before a person has any symptoms.
- Screening tests can help find cancer at an early stage, before symptoms appear. When abnormal tissue or cancer is found early, it may be easier to treat or cure. By the time symptoms appear, the cancer may have grown and spread. This can make the cancer harder to treat or cure.
- It is important to remember that when your doctor suggests a screening test, it does not always mean he or she thinks you have cancer. Screening tests are done when you have no cancer symptoms.
- Screening tests have been shown to reduce cancer deaths.

Healthy Choices:

You can reduce your risk of getting cancer by making healthy choices:

- Maintain a healthy weight
- Avoid tobacco
- Limit the amount of alcohol you drink
- Protect your skin

Where Can I Get More Information?

For more information, please call the Mission Hope Cancer Center at 805.219.HOPE (4673) and ask to speak with one of our Cancer Nurse Navigators. We are here to answer your questions, discuss insurance coverage and co-payments, and to help you make an appointment for a cancer screening.

Mission Hope Cancer Center

1325 East Church Street, Santa Maria, California

805.219.HOPE (4673)

