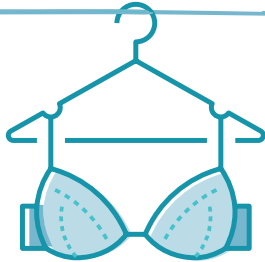


DO I NEED A *Cancer Screening* ?

GETTING CANCER SCREENINGS is one of the most important things you can do to safeguard your health. Screenings can help your doctor detect cancer early, before you even have symptoms. The earlier cancer is detected, the easier it is to treat—and that means you'll get back to your life faster. You can learn more about our screenings at www.beebehealthcare.org/cancer-screening. Use the chart below to see which screenings you should schedule today.

1



BREAST SCREENING

Clinical breast exam every three years, starting age 20 through 39, then annually starting at age 40.

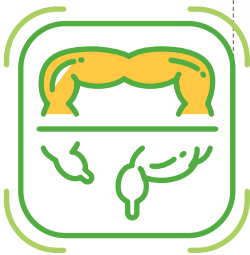
Mammogram annually starting at age 40.

4

COLON SCREENING

Begins at age 50 (earlier than 50 if there is a family history of colon cancer or specific personal history of colonic polyps and certain inflammatory bowel diseases).

- + Repeat every 10 years if no polyps are found.
- + Or, repeat every five years if there is a family history of colon cancer or a personal history of polyps.
- + Some people may require more frequent screenings as directed by a physician.



2

PROSTATE SCREENING

For men of average risk, consider testing between the ages of 55 and 69. Patients should discuss the risks and benefits of testing with their physician.

For men of higher risk (African American men or any man with a family history of prostate cancer), screening can begin before the age of 55 and decisions should be individualized.

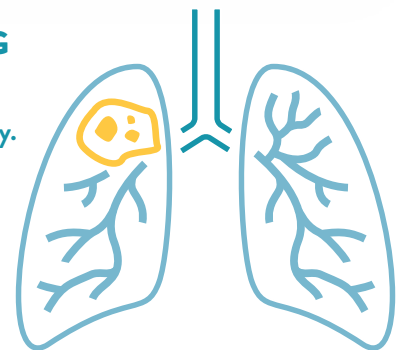


5

LUNG SCREENING

Patients should be asked about their smoking history.

Patients who are 55 to 74 years old, in fairly good health, have at least a 30 pack-a-year smoking history, and are either still smoking or have quit smoking within the last 15 years, should talk to their doctor about a low-dose CT scan to screen for lung cancer.



3 CERVICAL SCREENING

Pap smear

- + Ages 21 to 29, every three years.
- + Ages 30 to 65, every three years or every five years if co-tested with HPV.
- + Over age 65, may consider discontinuing if normal pap tests for 10 years. Consult with your physician to determine an appropriate decision for you.

