

# Cancer Tips



**Don't forget your preventive screenings!**

## Screening

## Recommendations

### Early Cancer Detection - Female



Pap Test

Start by age 21 and then retest per your physician's recommendation.

Clinical Breast Exam

Complete per your physician's recommendation

Mammogram

Start by age 45 and then retest per your physician's recommendation.

### Colorectal Cancer Screening



Colonoscopy **or**

Complete by age 50 and then every 10 years.

Sigmoidoscopy **or**

Complete by age 50 and then every 5 years.

Fecal Occult Blood Test

Complete by age 50 and then yearly.

### Early Cancer Detection - Male



Digital Rectal Exam

Complete by age 50 and then yearly.

Complete by age 40 for those at risk, and then yearly.

PSA (prostate-specific antigen)

Complete per your physician's recommendation.

All screening recommendations should be completed with the advice of your medical provider. See the other side for Skin Cancer Prevention Tips.  
References: Optima Health Clinical Guidelines, 2021

For more information, visit  
[optimahealth.com/mylifemyplan](https://optimahealth.com/mylifemyplan)





## Skin Cancer Prevention Tips

- Avoid the sun between 10 a.m. and 4 p.m.
- Cover up with protective clothing.
- Wear a wide brimmed hat.
- Use UVA protective sunglasses.
- Seek shade.
- Avoid reflective surfaces.
- Don't use tanning salons or sun lamps.
- Use sunscreen with SPF 30 or higher.
  - Apply 1/2 hour before sun exposure.
  - Reapply every two hours.

## Staying Healthy Programs

For more information, visit [wellnessforme.com](https://wellnessforme.com)

### Eating for Life

Develop healthy eating and exercise habits

### Get Off Your Butt: Stay Smokeless for Life

Quit tobacco to improve your health

### Guided Meditation

Experience a retreat from everyday stressors

### Healthy Habits Healthy You

Develop habits to prevent diabetes and heart disease

### Tai Chi

Learn to mentally and physically relax

### MoveAbout

Learn about staying physically active every day

### Yoga

Stretching and strengthening exercises



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