



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, 2018

For more information, visit
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

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

WalkAbout With Healthy Edge

Walk your way to better health

Yoga

Stretching and strengthening exercises