

# Cancer Tips



## DON'T FORGET YOUR PREVENTIVE SCREENINGS!

SCREENING	RECOMMENDATIONS
<b>Early Cancer Detection - Female</b>	
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.
<b>Colorectal Cancer Screening</b>	
Colonoscopy <b>or</b>	Complete by age 50 and then every 10 years.
Sigmoidoscopy <b>or</b>	Complete by age 50 and then every 5 years.
Fecal Occult Blood Test	Complete by age 50 and then yearly.
<b>Early Cancer Detection - Male</b>	
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, 2017

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

To order programs, visit [wellnessforme.com](https://wellnessforme.com).

### Eating for Life

Develop healthy eating and exercise habits

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

Stop using tobacco to benefit 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

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