

# Get Your Tests!

Regular cancer testing can save your life.  
Ask your doctor or nurse about these tests.

*Be sure to tell your doctor or nurse if you have had any type of cancer or if your mother, father, brother, sister, or children have had cancer.*

## And to lower your chances of getting cancer and other diseases:



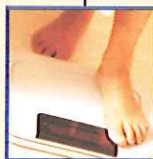
Don't use tobacco. If you do, ask your doctor or nurse about quitting.



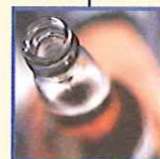
Protect yourself from the sun.



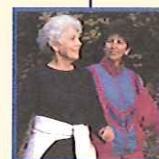
Eat plenty of fruits, vegetables, and whole grains, and smaller amounts of red and processed meats and high-fat dairy products.



Maintain a healthy weight.



Drink less alcohol, if you drink at all.



Get at least 30 minutes of physical activity on five or more days of the week.

## Women

### 21-29 years of age:

#### To check for breast cancer

- Tell your doctor or nurse right away if you notice any change, such as a lump, in your breasts.
- Have a doctor or nurse check your breasts every 3 years.

#### To check for cervical cancer

(Starting about 3 years after you start having sex but no later than age 21)

- Get your Pap test. Ask your doctor or nurse how often it should be done. Most women your age have one every 1 to 2 years.

### 30-39 years of age:

#### To check for breast cancer

- Tell your doctor or nurse right away if you notice any change, such as a lump, in your breasts. Have a doctor or nurse examine your breasts every 3 years.

#### To check for cervical cancer

- Get your Pap test. Ask your doctor or nurse how often it should be done. Most women your age have one every 1 to 2 years. If you have had 3 normal Pap tests in a row, ask your doctor or nurse about having a Pap test every 2 to 3 years.

### 40-49 years of age:

#### To check for breast cancer

- Have a mammogram of your breasts every year.
- Have a doctor or nurse check your breasts every year.
- Tell your doctor or nurse right away if you feel or notice any changes in your breasts, such as a lump.

#### To check for cervical cancer

- Get your Pap test.
- Ask your doctor or nurse how often it should be done. Most women your age have one every 1 to 3 years. If you have 3 normal Pap tests in a row, ask your doctor or nurse about having a Pap every 2 to 3 years.

### 50 years of age and older:

#### To check for breast cancer

- Follow the same steps as explained in ages 40-49.

#### To check for cervical cancer

- Follow the same steps as explained in ages 40-49.

#### To check for colon cancer

- Get tested for colon cancer. There are several tests to check for colon cancer. Talk to your doctor or nurse about these tests, how often they are done, and which test is best for you.

## Men

### 40-49 years of age:

#### To check for prostate cancer

Beginning at age 45:

- If you are African American or if your father, brother, or son had prostate cancer before age 65, your doctor should discuss the pros and cons of testing with you so you can decide if testing is right for you. If you decide to be tested, you should have a PSA blood test with or without a rectal exam every year.

### 50 years of age and older:

#### To check for prostate cancer

- Your doctor should discuss the pros and cons of testing with you so you can decide if testing is right for you. If you decide to be tested, you should have a PSA blood test with or without a rectal exam every year.

#### To check for colon cancer

- Get tested for colon cancer. There are several tests to check for colon cancer. Talk to your doctor or nurse about these tests, how often they are done, and which test is best for you.



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