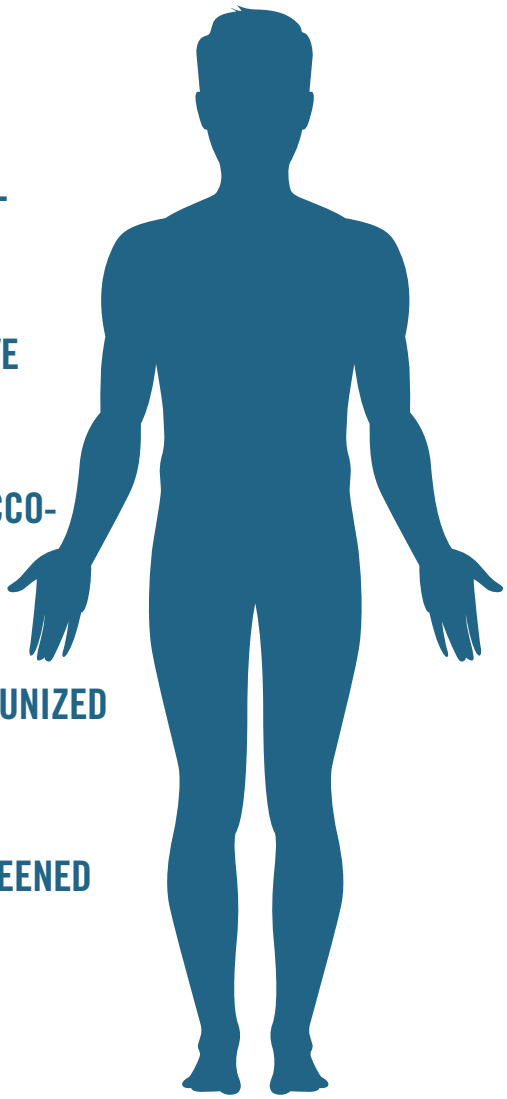
GET SCREENED!

CANCER PREVENTION AND EARLY DETECTION CAN SAVE YOUR LIFE!

The American Cancer Society states that, 1 in 2 men and 1 in 3 women are at risk for getting cancer, and more than one million people in the United States are diagnosed with cancer each year. Follow these 5 steps to protect yourself and your family.

1. EAT WELL
2. BE ACTIVE
3. BE TOBACCO-FREE
4. GET IMMUNIZED
5. GET SCREENED



BEING HEALTHY IS A LIFELONG JOURNEY

Cancer prevention is important at every age.

USE THE FOLLOWING TIPS TO TALK TO YOUR HEALTHCARE PROVIDER ON HOW TO REDUCE YOUR CANCER RISK

KIDS & TEENS

- Teach your children to be sun-safe. Wear sunscreen with 30+ SPF when in the sun and avoid tanning beds and sun lamps.
- HPV vaccine prevents certain cancers in your future – get all three shots. The HPV vaccine is available for boys and girls beginning at ages 11 and 12 years.

20s, 30s, 40s

- Do a skin self-exam to check your skin for changes.
- Do a Testicular Self-Exam and report concerns to your doctor.
- Get a testicular exam during your yearly checkup.

50+

- Get screened for colon cancer. Talk to your doctor about options.
- Get screened for lung cancer if you smoke or quit recently and have a 30 pack/year smoking history. Talk about screening options with your doctor.
- Get tested for Hepatitis C.
- Create a plan for your prostate health with your doctor.

Arizona Cancer Coalition
Arizona Department of Health Services

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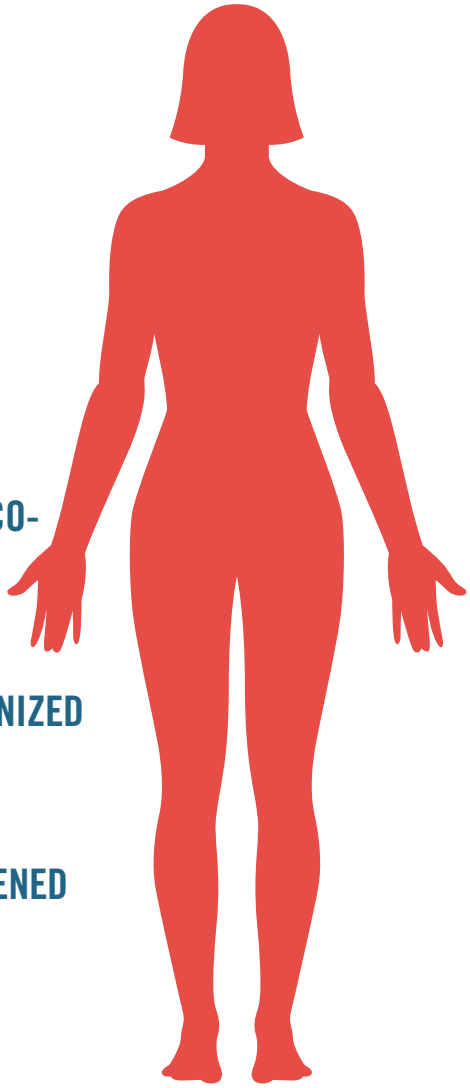

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20s

- Get a pap test every 3 years starting at 21 years old.
- Do a Clinical Breast Exam (CBE) every 3 years.
- Do a skin self-exam to check your skin for changes.

30s

- Get an HPV test and Pap test every 5 years (or) Pap test only every 3 years.

40s

- Get a Mammogram every year starting at age 40.

50+

- Get screened for colon cancer. Talk to your doctor about options.
- Get screened for lung cancer if you smoke or quit recently and have a 30 pack/year smoking history. Talk about screening options with your doctor.
- Get tested for Hepatitis C.

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