

National Cancer Prevention Month
 American Heart Month
 Go Red For Women Day | Feb 4
 Valentine's Day | Feb 14

Healthier You



10 Cancer Prevention Tips

- Load up on fruits and vegetables:** Staying trim may reduce your risk by 40%.
- Get 30 minutes of daily exercise:** Up to 1/3 of cancers may be prevented by staying fit.
- Don't smoke:** Tobacco accounts for 90% of all lung cancer cases.
- Lather Up:** SPF 30+ broad spectrum sunscreen may block up to 97% of harmful UVB rays.
- Get immunized:** Vaccinations for Hepatitis B and HPV may reduce risk of certain cancers up to 90%.
- Practice safe sex:** Protecting yourself against HPV may lower your risk of up to six different cancers.
- Get regular medical exams:** Increase chances of early detection and prevention with recommended check-ups.
- Take breaks:** Finding ways to lower stress and relax may reduce risk.
- Avoid sugary drinks:** Substitute with healthy alternatives like water, unsweetened tea and coffee.
- Drink up:** Staying hydrated may reduce your risk by helping you stay trim.

To get personalized screening recommendations, take our brief [Risk Assessment Tool](#) and then call **800.515.5603** to get scheduled for recommended cancer screenings.

Cancer Screenings by Age

Cancer screening tests help check for cancer in an individual who is asymptomatic (showing no symptoms). When cancer is caught early, it may allow for more treatment options and better outcomes.

FOR MEN



AGES 21-39

- Yearly skin checks with a dermatologist

AGES 40-49

- Colon cancer screening starting at age 45 if at higher risk*
- Yearly skin checks with a dermatologist
- Prostate cancer screening



AGES 50-64

- Colon cancer testing*
- Prostate cancer screening
- Lung cancer screening
- Yearly skin checks with a dermatologist



AGES 65+

- Colon cancer screening through age 85*
- Prostate cancer screening
- Lung cancer screening
- Yearly skin checks with a dermatologist



FOR WOMEN



AGES 21-39

- HPV testing, every 5 years
- Yearly pelvic exams
- Monthly breast self-examinations
- Yearly skin checks with a dermatologist

AGES 40-49

- HPV testing, every 5 years
- Yearly pelvic exams
- Colon cancer screening starting at age 45 if at higher risk*
- Breast cancer screening
- Yearly skin checks with a dermatologist



AGES 50-64

- HPV testing, every 5 years
- Yearly pelvic exams
- Colon cancer testing*
- Breast cancer screening
- Lung cancer screening
- Yearly skin checks with a dermatologist



AGES 65+

- Yearly pelvic exams
- Colon cancer screening through age 85*
- Lung cancer screening
- Breast cancer screening
- Yearly skin checks with a dermatologist

If you are at high risk or have a family history of cancer, consult with your physician for individual screening recommendations and screening at an earlier age. The information above is recommended for individuals at an average risk of developing cancer.

*Visit the United States Preventive Services Task Force (USPSTF) [website](#) to review full list of recommendations and additional testing methods.