

ON YOUR HEALTH

This is useful health information that can help to save your life. Please hang on to it.

The cure rate for cancer is greatly increased by early discovery. Periodic health appraisals, screening tests, and self-examination may save your life! Your age, family medical history, lifestyle, and occupation are important factors which your doctor will consider. To the right, you will find general guidelines for adults. Please keep in mind your doctor may have good reason to do things differently based on your individual case.

¹As a minimum, includes history, physical exam, blood/urine laboratory tests and chest x-ray as determined by your doctor.

²Follow your physician's advice.

³Proctosigmoidoscopy—colon/rectal exam.

⁴Those in high risk categories should begin at age 45.

The "On Your Health" series is presented as a public service by the NATIONAL FOUNDATION FOR CANCER RESEARCH. If you would like additional copies or others in the series, call 1-800-321-CURE or write NFCR, 4600 East West Highway, Suite 525, Bethesda, MD 20814.

Reprinted with permission from the National Foundation For Cancer Research. For additional copies or more information, please call 1-800-321-CURE or visit our website at www.nfcr.org

CANCER DETECTION			
TEST OR PROCEDURE			
Age	Frequency	Females	Males
18-20	One time Monthly Yearly	Complete Health Examination ¹ Skin self-exam Pap Smear ²	Complete Health Examination ¹ Skin self-exam Testis self-exam
20-40	Every 5 years Monthly Yearly	Complete Health Examination ¹ Skin self-exam Breast self-exam Pelvic exam Pap smear ²	Complete Health Examination ¹ Skin self-exam Testis self-exam
40-50	Every 3 Years Monthly Yearly Every 1-2 years	Complete Health Examination ¹ Skin self-exam Breast self-exam Pelvic exam Pap smear ² Rectal exam Stool blood test Mammogram	Complete Health Examination ¹ Skin self-exam Testis self-exam Rectal exam Stool blood test
50-65	Every 2 years Monthly Yearly Every 3-5 years	Complete Health Examination ¹ Skin self-exam Breast self-exam Pelvic exam Pap smear ² Rectal exam Stool blood test Mammogram ² Procto ³	Complete Health Examination ¹ Skin self-exam Testis self-exam Rectal exam Stool blood test Prostate Specific Antigen Test ⁴ Procto ³
65+	Every year Monthly Yearly Every 3-5 years	Complete Health Examination ¹ Skin self-exam Breast self-exam Pelvic exam Pap smear ² Rectal exam Stool blood test Mammogram ² Procto ³	Complete Health Examination ¹ Skin self-exam Testis self-exam Rectal exam Stool blood test Prostate Specific Antigen Test ⁴ Procto ³