

## SKIN CANCER SCREENING

**WHO:** Adult women with fair skin and light-colored hair, and a history of sunburns or tanning bed use, are at a higher risk of skin cancer. However, any woman can get skin cancer.

**WHAT:** Monthly self skin exam for self awareness and an annual full body skin exam as part of a routine physical exam by a health care provider.



**WHY:** Skin cancer is the most common type of cancer. Cases of skin cancer are increasing in women in their 20s or 30s. Melanoma is the deadliest form of skin cancer, and can appear anywhere on the body. Watch for moles that change in size, shape or color or new moles and skin spots.



## WOMEN'S HEALTH SCREENINGS



### PROMOTING CANCER AWARENESS & EARLY DETECTION

Cancer is the most curable in its early stages. At the Barbara Ann Karmanos Cancer Institute, we know that routine screenings save lives every day. Advocate for your health and talk with a health care professional to make an informed decision on which screenings are right for you.

#### WOMEN'S CANCER SCREENINGS BY AGE (FOR WOMEN AT AVERAGE RISK)\* BEGINNING AT AGE 18

- Become familiar with the look and feel of your breasts. Report any unusual lumps or changes to your health care professional right away.
- Pap test every three years, from age 21-29.
- Pap test and human papillomavirus (HPV) testing from age 30-65.
- Monthly skin self-exam and an annual full body skin exam as part of a routine physical.

#### 40+

Following guidelines for previous age group, plus:

- Mammograms, as recommended by a health care professional.
- Annual Fecal Occult Blood Test (FOBT) for colorectal cancer and either a flexible sigmoidoscopy every five years or a colonoscopy every 10 years.

#### 50+

Follow guidelines for previous age group, plus:

- Annual Fecal Occult Blood Test (FOBT) for colorectal cancer and either a flexible sigmoidoscopy every five years or a colonoscopy every 10 years.

### TIPS FOR PREVENTING CANCER & TAKING CONTROL OF YOUR HEALTH:

- Avoid all types of tobacco products
- Protect your skin from the sun
- Limit the amount of alcohol you drink
- Make regular exercise part of your daily routine
- Maintain a healthy weight throughout your lifetime
- Eat a healthy diet with plenty of fruits and vegetables each day
- Limit your consumption of red and processed meats
- Get vaccinated for Hepatitis B and Human Papillomavirus (HPV)
- Know your family medical history and talk to your physician about genetic counseling
- Get regular check-ups and cancer screening tests



To make an appointment, please call 1-800-KARMANOS (1-800-527-6266) or visit karmanos.org.

### FOR MORE INFORMATION

To make an appointment, please call 1-800-KARMANOS (1-800-527-6266) or visit karmanos.org.

Reliable information is also available from the following sources:



American Cancer Society  
877-ACS-2345  
Cancer.org



A Cancer Center Designated by the  
National Cancer Institute  
National Cancer Institute  
800-4-CANCER  
Cancer.gov

\*This information is intended to serve as a guideline only. Screening needs vary for each individual depending on your overall cancer risk. Please consult with a health care professional to decide which screenings are right for you and to make an informed decision.

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### BREAST CANCER SCREENING

**WHO:** The American Cancer Society recommends the following screening guidelines for women at average risk. Women at increased risk should talk with their health care provider before age 40. Risk factors include a family history (especially a first degree relative) of breast or ovarian cancer, having a genetic predisposition to breast cancer or other specific factors. See resources at the end of this handout to learn more.

- Women over 40 should get mammograms annually.

**WHAT:** Women are encouraged to talk with a health care professional about the risks and benefits of screening to identify a screening schedule that is right for you.

**WHY:** Your risk for breast cancer increases with age. Breast cancer is the second leading cancer death in women. Most breast cancers occur in women with no family history of the disease.

While no test is perfect, screenings can help catch breast cancer early when it is most treatable and beatable.



### CERVICAL CANCER SCREENING

**WHO:** All women 21 and older should be regularly screened. Women at an increased risk may need to be screened more frequently. Risk factors that increase your risk for cervical cancer include having multiple

sexual partners, becoming sexually active at a young age, having HPV or other sexually transmitted diseases (especially HIV or AIDS) and/or having a suppressed immune system (i.e. transplant-related or on immunosuppressive drugs).

**WHAT:** Pap test every three years for women ages 21-29. Pap test and HPV test for women ages 30- 65. Women ages 65 or older, or those who have had a hysterectomy, should discuss their ongoing need for Pap tests with a health care professional.

**WHY:** Cervical cancer can be prevented by detecting pre-cancerous changes in the cervix. Cervical cancer is one of the easiest cancers to prevent and catch early through regular screening.

**HPV VACCINE:** HPV is a virus that causes cervical cancer. There are many forms of HPV, but there are a few types that increase your risk for cervical cancer. HPV is transmitted via skin-to-skin contact in the genital area. There are also two types of HPV vaccine, including one that is approved for use in males and females, up to age 45. The vaccine does not treat HPV or cervical cancer, but reduces the risk of contracting the virus. Ask a health care professional about the benefits and risks of an HPV vaccination.



### COLORECTAL CANCER SCREENING

**WHO:** Women of average risk, age 45 and older should be regularly screened. Those with increased risk should ask about screening before age 45. Risk factors include a family history of colorectal cancer, personal history or racial/ethnic background, such as African American or Ashkenazi Jew. Women with high-fat, low-fiber diet also are at an increased risk for colorectal cancer.

**WHAT:** A colonoscopy every 10 years, or a flexible sigmoidoscopy every five years. Ask about an annual Fecal Occult Blood Test, in addition to a colonoscopy or sigmoidoscopy.

**WHY:** Screening for colorectal cancer is especially important because polyps can be found and removed before they become cancerous.



### LUNG CANCER SCREENING

**WHO:** Women who are age 55-80 and have a 30 pack a year (or two packs a day for 15 years) smoking history should be screened for lung cancer.

**WHAT:** Annual screening with low-dose spiral CT scans. CT scans take detailed pictures of the lungs that can detect cancer early.

**WHY:** Lung cancer is the leading cancer death in women. Nearly 90 percent of cases are attributed to smoking. Quitting smoking is one of the best ways to help your lung health. Please refer to the resources at the end of this handout for information on smoking cessation or call 1-800-KARMANOS for more information and assistance on quitting.

### OVARIAN CANCER SCREENING

**WHO:** Adult women, especially those with a strong family history of ovarian cancer or unusual symptoms (such as abdominal bloating, swelling or pain) that have persisted.

**WHAT:** There is no standard screening test for ovarian cancer; however, all women should have regular pelvic exams as part of a routine physical exam or Pap smear. Women at an increased risk should talk with their medical health care professional about their need for CA-125 blood test and transvaginal ultrasounds.

**WHY:** Some ovarian cancers can be found by feeling for lumps during a pelvic exam. Ovarian cancer is considered a “silent” cancer, so talk with a health care professional if you are concerned about symptoms or changes. Finding ovarian cancer early increases the rate of survival.



To make an appointment, please call 1-800-KARMANOS (1-800-527-6266) or visit [karmanos.org](http://karmanos.org).

To learn more about which screening is right for you, call 1-800-KARMANOS (800-527-6266) or visit [karmanos.org/cancerscreening](http://karmanos.org/cancerscreening).