

## McLaren Print System Order

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Ship Location: Lahser-26700 Lahser Rd Attn: Adia  
 26700 Lahser Rd. Suite 400  
 Southfield, MI 48033

Brochures  
 Quantity: 1000  
 Paragon Dept No: 17805  
 Dept Name: Marketing and Communications  
 Company Number:

Order Total Price: 450.00

Item Number: KCI-157  
 Item Description: WOMENS HEALTH SCREENINGS Booklet  
 Revision Date: 07/2024  
 Print:  
 Paper:  
 Size:  
 Fold:  
 Finish:  
 Drill:  
 Poster:  
 Misc Info: 8.5x11 4 Page Booklet 100# Satin Text

**WOMEN'S HEALTH SCREENINGS**  
 PROMOTING CANCER AWARENESS AND EARLY DETECTION

**WOMEN'S CANCER SCREENINGS BY AGE**  
 FOR WOMEN AT AVERAGE RISK\*

Age 18	Colorectal screening with:	Age 65 and over
<ul style="list-style-type: none"> <li>Become familiar with the look and feel of your breasts. Report any unusual lumps or changes to your health care professional right away.</li> <li>Talk to your health care provider about cancer screenings.</li> <li>Monthly skin self-exam and an annual full body skin exam as part of a routine physical.</li> </ul>	<ul style="list-style-type: none"> <li>A fecal immunochemical test (FIT) every year or</li> <li>A guaiac-based fecal occult blood test (gFOBT) every two years or</li> <li>A multi-targeted stool DNA test with fecal immunochemical testing (FIT-DNA, sDNA-FIT or FIT-DNA) every three years, a colonoscopy every 10 years, a CT colonography (virtual colonoscopy) every five years, or a sigmoidoscopy every five years.</li> </ul>	<ul style="list-style-type: none"> <li>People who have regular cervical cancer screenings for past 10 years with normal results and do not have a pre-existing condition can stop screening.</li> </ul>
<p><b>Age 25-65</b></p> <ul style="list-style-type: none"> <li>Start receiving routine HPV tests every five years, a co-test (combination of HPV and Pap test) alone every three years.</li> </ul>	<p><b>Age 30 and over</b></p> <ul style="list-style-type: none"> <li>Follow guidelines for previous age group, plus:                             <ul style="list-style-type: none"> <li>Women 50 and older may begin receiving mammograms every other year. Talk to your health care provider about this option.</li> <li>Continue routine mammograms until your life expectancy is less than 10 years.</li> </ul> </li> </ul>	<p><b>Age 75-85</b></p> <ul style="list-style-type: none"> <li>Colorectal cancer screenings may continue based on patient preference, life expectancy, overall health, and prior screening history.</li> </ul>
<p><b>Age 40-45</b></p> <p>Following the guidelines for the previous age group, plus:</p> <ul style="list-style-type: none"> <li>Begin annual mammograms at age 40, as recommended by a health care professional.</li> <li>MRI for mammogram every year.</li> </ul>		<p><b>Age 65 and over</b></p> <ul style="list-style-type: none"> <li>Colorectal cancer screenings are no longer needed from patients over 85.</li> </ul> <p><small>*This information should be used as a guideline only. Screening needs vary for each individual depending on their overall cancer risk. Please consult with a health care professional to decide which screenings are right for you and to make an informed decision.</small></p>

Spec. Info: Located on the 4th floor

For more information, call 1-800-KARMANOS (833-827-6216), or visit karmanos.org/karmanoscreening.