

McLaren Print System Order

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Item Number: KCI-157
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WOMEN'S HEALTH SCREENINGS
 PROMOTING CANCER AWARENESS AND EARLY DETECTION

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

- 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.
 - Talk to your health care provider about cancer screenings.
 - Monthly skin self-exam and an annual full body skin exam as part of a routine physical.
- Age 25-65**
 - Start receiving routine HPV tests every five years, a co-test including an HPV and Pap test every five years or a Pap test alone every three years.
- Age 40-45**
 - Following the guidelines for the previous age group, plus:
 - Begin annual mammograms at age 40, as recommended by a health care professional.
 - MRI for mammogram every year.
- Colorectal screening with:**
 - A fecal immunochemical test (FIT) every year or
 - A guaiac-based fecal occult blood test (gFOBT) every two years or
 - 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.
- Age 30 and over**
 - Follow guidelines for previous age group, plus:
 - Women 35 and older may begin receiving mammograms every other year. Talk to your health care provider about this option.
 - Continue routine mammograms until your life expectancy is less than 10 years.
- Age 65 and over**
 - 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.
- Age 75-85**
 - Colorectal cancer screenings may continue based on patient preference, life expectancy, overall health, and prior screening history.
- Age 65 and over**
 - Colorectal cancer screenings are no longer needed from patients over 85.

*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.

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