



**Prevention
is better
than cure!**

Preventive Screening Guidelines

Mammogram:

Every 1 to 2 years for women over 40

Colonoscopy:

Adults 50 to 75 every 10 years, unless polyps are found

Cervical Cancer Screening:

- Pap test (also called a Pap smear) every 3 years for women 21 to 65
- Human Papillomavirus (HPV) DNA test with the combination of a Pap smear every 5 years for women 30 to 65 who don't want a Pap smear every 3 years

Skin Exams:

Used to screen for skin cancer. Report any unusual moles or changes in your skin to your doctor. Also talk to your doctor if you are at increased risk of skin cancer.

Lung Cancer Screening:

For adults 55-80 at high risk for lung cancer because they're heavy smokers or have quit in the past 15 years

Call Service Coordination Today To Schedule Any of These Screenings or Other Exams!



For All Your Healthcare Needs, Call Service Coordination! Phone: (888) 977-3319 | Fax: (877) 769-0320

www.cdc.gov