

You may be due for cancer screenings.
Don't wait,
the best time to know is now.



Getting screened and knowing your results can provide peace of mind or help you address a concern early when it's easier to treat.

It's normal to be nervous about what your results might be. However, preventive services may save your life.

According to the American Cancer Society, these are common types of cancer screenings to talk with your doctor about:

- **Breast cancer:** A mammogram is the recommended screening.
- **Cervical cancer:** An HPV test and a Pap smear can detect concerns and can help determine if more testing is necessary.
- **Colorectal cancer:** The ideal screening is a colonoscopy which can find and remove polyps that are sent to a lab to check for cancer.
- **Prostate Cancer:** Talk to your doctor about testing options.
- **Skin cancer:** A visual test for changes in the skin's appearance.
- **Lung cancer:** For those who smoke or have smoked may get a low-dose CT scan.

Don't let the fear of results, no family history, an uncomfortable process or being too busy stop you from getting screened. It's one of the best decisions you can make for your health.



Scan this QR code to learn more about the importance of cancer screenings or visit mibluesperspectives.com/categories/cancer-screenings