

Cancer Tips

Don't forget your preventive screenings!

SCREENING	AGE	RECOMMENDATIONS
-----------	-----	-----------------

Early Cancer Detection

Pap Smear	18+	Yearly, or as recommended by physician
Clinical Breast Exam	20–39 40+	At least every 3 years Yearly
Mammogram	40+	Yearly

Colorectal Cancer Screening

Colonoscopy	50+	Age 50, then every 10 years
or		
Sigmoidoscopy	50+	Age 50, then every 5 years
or		
Double Contrast Barium Enema	50+	Age 50, then every 5 years
or		
CT Colonoscopy (virtual colonoscopy)	50+	Age 50, then every 5 years

Prostate Cancer Screening

Digital Rectal Exam and/or PSA	50+	(40+ for those at risk)
-----------------------------------	-----	-------------------------

Prevent Skin Cancer

- Avoid the sun between 10:00 a.m. and 4:00 p.m.
- Cover up with protective clothing
- Wear a wide brimmed hat
- Use UVA protective sunglasses
- Seek shade
- Avoid reflective surfaces
- Don't use tanning salons or sun lamps
- Use sunscreen with SPF 30 or higher
 - Apply 1/2 hour before sun exposure
 - Reapply every two hours

References: Sentara Clinical Guidelines 2006

For more information go to www.optimahealth.com and call 1-800-736-8272 for your free Fitness Log.