

Screenings You Should Have

Human Papillomavirus (HPV) vaccine – Anyone between the ages of 12 to 26, regardless of their gender, should talk to their doctor about the HPV vaccine.

21

Cervical Cancer at 21 – Have a pap smear every 3 years.
Chlamydia – If sexually active, test every year through age 24, and afterwards depending on risk factors.

40

Breast Cancer at 40 – Talk to your doctor about when and how often you should get a mammogram.

50

Breast Cancer at 50 – You should start getting a mammogram every two years, until age 74.
Colorectal Cancer at 50 – The most common screenings are stool tests and a colonoscopy.
Those with a family history of colorectal cancer may need to start screening earlier.

55

Lung Cancer at 55 – It is one of the few cancers that can often be prevented. Talk to your doctor.

65

At 65 – If you have been screened regularly and had normal pap smear results, continue to talk to your doctor about what screening is best for you.

If you are a smoker, ask your doctor about options to help you quit. If you don't smoke, don't start, and avoid breathing other people's smoke.

Sources: American Cancer Society, Centers for Disease Control and Prevention.

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Do you want to learn more?

Health Plan of San Joaquin 

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Mammogram: 1107
Women's Cancer: 1120



Get Your Mammogram

If you are 50 years or older, get your mammogram every two years.

Health Plan of San Joaquin 





Age
40 or older means
talking to your doctor
about getting a
mammogram.

What are the benefits of a mammogram?

1. Early detection of breast cancer may save your life
2. Save time and money from cancer related issues
3. Have peace of mind for you and your loved ones

We understand mammograms may be uncomfortable. The slight pressure you may feel for a few moments is better than a lifetime of pain that breast cancer may cause.

Have you had your mammogram?

Getting a mammogram can help find problems early.

Call your doctor to get started

What is a mammogram?

- A mammogram is also known as a breast cancer screening.
- A mammogram is an x-ray of the breast used to check your breast for cancer. This test can find tumors that are too small for you or your doctor to feel.
- A mammogram checks to see if a woman has breast cancer before there are signs of cancer.

Why should I get a mammogram?

- **A woman has a 1 in 8 chance of developing breast cancer in her lifetime. Cancer can be easier to treat when it is found early.**

At what age should I get a mammogram?

- Women age 40-49 should discuss with their doctor about when and how often they should get a mammogram.
- Women between age 50-74 should get a mammogram every two years.
- If you have a family history of breast cancer, begin talking to your doctor before you turn 40 and learn about when a screening is right for you.

