

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.

40

Chlamydia – If sexually active, test every year through age 24, and afterwards depending on risk factors.

50

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

Breast Cancer at 50 – You should start getting a mammogram every other year, until age 74.

55

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.

65

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

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.



Do you want to learn more?

Health Plan 
of San Joaquin

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Health Plan 
of San Joaquin



Get Your Pap Smear

You can prevent cervical cancer by getting screened regularly, starting at age 21.

Age **21**

Have a pap smear
every 3 years.



Cervical Cancer is preventable.

Get a pap smear test.

You can detect cervical cancer by getting screened regularly.

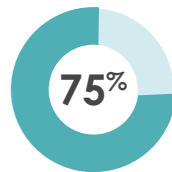
What does a pap smear test look for?

A pap smear test is also known as a cervical cancer screening.

The test can find abnormal cells in the cervix. If these cells are found early, it can be treated before it turns into cancer. HPV is a virus that is known to cause cervical cancer. **During your exam, the doctor will screen for HPV.**

Who should get it? All women who are sexually active should get a pap smear. Talk to your doctor to learn what is right for you.

Why should I get it? Every year more than half a million women are diagnosed with cervical cancer worldwide.



75% of cervical cancers can be prevented by getting a routine test.

Even though it may be slightly uncomfortable, the benefits are worth it.

Choose to take care of yourself today!



Are you up-to-date with your HPV test?

An **HPV test** is recommended every 5 years. **Call your doctor** today to get started.

What is human papillomavirus (HPV)?

HPV is a virus known to cause infection that leads to cervical, vaginal, throat, penile, and vulvar cancer. 91% of new cervical cancer cases per year are caused by any type of HPV.

Anyone between the ages of 12 to 26, regardless of their gender, should talk to their doctor about the HPV vaccine.