

Screenings You Should Have

Human Papillomavirus (HPV) vaccine – Anyone between the ages of 9 to 45 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/Chest Cancer at 40: Talk to your doctor about when and how often you should get a mammogram.

50

Breast/Chest Cancer at 50: You should start getting a mammogram every other year, 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.



Do You Want to Learn More?

Health Plan
of San Joaquin



www.hpsj.com/health
1-888-936-PLAN (7526) TTY 711

You may qualify for an incentive when you get your screening done.

For more information, see <https://www.hpsj.com/myrewards>.



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Get Your Pap Smear

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.

Detect cervical cancer by getting screened regularly.

What does a pap smear test look for?

A pap smear 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.

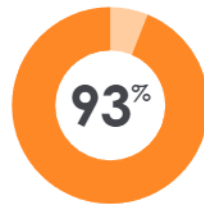
During your exam, the doctor will screen for HPV.

Who should get it?

Anyone with a cervix who is sexually active should get a pap smear. Talk to your doctor to learn what is right for you.

Why should get it?

Every year, more than half a million females are diagnosed with cervical cancer world-wide.



Up to 93% of cervical cancers is preventable.

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?

What is human papillomavirus (HPV)?

HPV is a virus known to cause infection that leads to cervical, vaginal, throat, penile, and vulvar cancer. The HPV shot can start as early as age 9, as it produces a stronger immune response.

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