

# 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.

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| 21 | <b>Cervical Cancer at 21:</b> Have a pap smear every 3 years.<br><b>Chlamydia:</b> If sexually active, test every year through age 24, and afterwards depending on risk factors.  |
| 40 | <b>Breast/Chest Cancer at 40:</b> Talk to your doctor about when and how often you should get a mammogram.  |
| 50 | <b>Breast/Chest Cancer at 50:</b> You should start getting a mammogram every other year, until age 74.<br><b>Colorectal Cancer at 50:</b> 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 | <b>Lung Cancer at 55:</b> It is one of the few cancers that can often be prevented. Talk to your doctor.  |
| 65 | <b>At 65:</b> 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?



[www.hpsj.com/health](http://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 [www.hpsj.com/myrewards](http://www.hpsj.com/myrewards).



**Call HealthReach**  
**1-800-655-8294**

A free 24/7 phone service to speak with a nurse or doctor for health advice. You can also call to listen to the audio health library with over 330 health topics!

Dial the code below to learn about the topic:

- Mammogram: 1107
- Women's Cancer: 1120
- HE Voicemail: 209-942-6356

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## Get Your Mammogram



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/chest 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, but the slight pressure you may feel for a few moments is better than a lifetime of pain that breast/chest cancer may cause.

## Have you had your mammogram?

Getting a mammogram can help you find problems early. Call your doctor to get started.

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### What is a mammogram?

- A mammogram is also known as a breast/chest 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 the person with breast tissue has breast/chest cancer cells before there are signs of cancer.

### Why should I get a mammogram?

A person with breast tissue has a 1 in 8 chance of developing breast/chest cancer.

### At what age should I get a mammogram?

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

