

# Women, help reduce your cancer risk and get your tests to find cancer early.



Helping to reduce your risk for cancer and getting regular cancer screening tests to find cancer early can give you the best chances for staying well and living a long life.

## Take control of your health and help reduce your cancer risk by making healthy lifestyle choices:

- Stay away from tobacco.
- Stay at a healthy weight.
- Get moving with regular physical activity.
- Eat healthy with plenty of fruits and vegetables.
- Limit yourself to no more than 1 alcoholic drink per day.
- Protect your skin from the sun.
- Know yourself, your family history, and your risks.
- Have regular check-ups and cancer screening tests.

Visit [www.cancer.org](http://www.cancer.org) or call **1-800-227-2345** to learn more about reducing your risk of cancer.

## Take control of your health and get regular cancer screening tests:

- **Colorectal cancer:** Beginning at age 50, talk to your doctor about the testing option that is best for you and get regular testing.
- **Skin cancer:** Have a skin exam done during your regular health check-ups.
- **Breast cancer:**
  - Starting at age 40, talk to your doctor about the mammogram plan that's best for you.
  - If you are at increased risk due to a family or personal history, talk to your doctor about your history.
- **Cervical cancer:**
  - From ages 21 to 29, get a Pap test every 3 years.
  - From ages 30 to 65, get a Pap test and HPV test every 5 years. A Pap test alone every 3 years is OK, too.
  - After age 65, if you've had regular normal test results, stop testing. If you have a history of serious cervical pre-cancer, keep testing for 20 years after your diagnosis.
  - If you've never had cervical cancer and your cervix has been removed, you don't need testing.
  - Follow the recommendations for your age group even if you've had the HPV vaccine.
- **Endometrial cancer:** At menopause, talk to your doctor or nurse about the risks and symptoms of endometrial cancer and always report any unexpected bleeding or spotting to your doctor.
- **Lung cancer:** If you are between 55 and 74 years of age, are in fairly good health, have smoked for many years AND still smoke OR quit within the past 15 years, please talk to a doctor or nurse about whether you should be tested for lung cancer.