

WOMEN

20 to 39

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| • Breast self-exam | Every month |
| • Breast exam by health care provider | Every year |
| • Pap test and pelvic exam | Every year or under 20 if sexually active |
| • Physical exam including mouth, skin, thyroid, lymph nodes and ovaries | Every year |

40 to 65

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|------------------------------------------------------------------------------------------|---------------------------------|
| • Breast self-exam | Every month |
| • Pap test and pelvic exam | Every year |
| • Physical exam including mouth, skin, thyroid, lymph nodes, breasts, ovaries and rectum | Every year |
| • Mammogram | Every year starting at age 40 |
| • Fecal occult blood test to screen for colorectal cancer | Every year starting at age 50 |
| • Sigmoidoscopy or colonoscopy to screen for colon cancer | Every 3 to 5 years after age 50 |

Over 65

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| • Breast self-exam | Every month |
| • Pap test and pelvic exam | Every year depending upon personal history. If previous pap smears have been normal, see your health care provider for frequency/discontinuation. |
| • Physical exam including mouth, skin, thyroid, lymph nodes, breasts, ovaries, rectum and uterus | Every year |
| • Mammogram | Every year |
| • Fecal occult blood test to screen for colorectal cancer | Every year |
| • Sigmoidoscopy or colonoscopy to screen for colon cancer | Every 5 years |

MEN

Starting at Puberty

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| • Testicular self-exam | Every month |
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20 to 39

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| • Physical exam including mouth, thyroid, lymph nodes, skin and testicles | Every 2 to 3 years |
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40 to 65

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| • Physical exam including mouth, skin, thyroid, lymph nodes, prostate and rectum (may include PSA blood test for prostate cancer) | Every year |
| • Fecal occult blood test to screen for colorectal cancer | Every year after age 50 |
| • Sigmoidoscopy or colonoscopy to screen for colon cancer | Every 3 to 5 years after age 50 |

Over 65

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|-----------------------------------------------------------------------------------------------------------------------------------|---------------|
| • Physical exam including mouth, skin, thyroid, lymph nodes, prostate and rectum (may include PSA blood test for prostate cancer) | Every year |
| • Fecal occult blood test to screen for colorectal cancer | Every year |
| • Sigmoidoscopy or colonoscopy to screen for colon cancer | Every 5 years |

For more information on cancer prevention, call the Methodist Cancer Prevention and Hereditary Cancer Risk Program at (402) 354-5276 or (866) 658-2812.