

Recommended Screening Guidelines

Talk to your physician about getting screened!



SCREENING	GENDER/AGE	EXAM	FREQUENCY
Breast Cancer Screening	Women 40+	Mammogram	Annually
Cervical Cancer Screening (Women's Health)	Women 21-64 years	Pap Smear	Every 3 years
Colorectal Cancer Screening	Men and Women 50-75 years	Colonoscopy*	Every 10 years
Lung Cancer Screening	Men and Women 55-77 years (Current smoker with 30 pack year history or smoking cessation for 15 years or less)	Lung CT Scan	Annually
Annual Wellness Visit	Men and Women 65+	Physical	Annually

*A Colonoscopy is the preferred method. Other tests only detect if cancer is already present.

SCREENINGS

- ___ Colon Cancer Screening **562.967.2656**
- ___ Lung Cancer Screening **562.967.2892**
- ___ Breast Cancer Screening **562.906.5692**
- ___ Women's Health **562.967.2876**
- ___ Annual Wellness Visit **562.967.2880**

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Visit PIHHealth.org/Screenings to learn more.

APPOINTMENTS

Missed appointments or cancellations within 24 hours of a scheduled appointment may result in a \$25 fee.

For: _____

With: _____

Date: _____

Time: _____

For: _____

With: _____

Date: _____

Time: _____

For: _____

With: _____

Date: _____

Time: _____