

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.

Be in the know when it comes to your own personal health records. Download the app, "FollowMyHealth", from Google Play or the App Store or visit PIHHealth.org/MyPIHHealth to sign up for the patient portal. Access will allow you to request refills, schedule an appointment, view important medical history and much more.

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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- ___ Signed up for FollowMyHealth Patient Portal Access

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: _____

Visit [PIHHealth.org/Screenings](https://www.PIHHealth.org/Screenings) to learn more.