

**BECAUSE
I LOVE MY
FAMILY**

Preventative screening for cancer is one of the most important steps you can do for your health. A healthy diet, regular exercise, avoiding smoking, and minimal alcohol consumption also help to reduce risk. Early detection leads to better outcomes.

Review our screening guidelines and work with your healthcare provider to personalize the optimal screening schedule for you.

OHC

SPECIALISTS IN CANCER
AND BLOOD DISORDERS

**For more information,
call 1-888-649-4800 or go to ohcare.com.**

Women in their 70's

In Your **Seventies** - Women

■ **Breast Cancer***

- Have an annual mammogram.
- Age 75+: Continue with mammograms as long as you are in good health and have a life expectancy of 10 or more years.

■ **Cervical Cancer***

- No screening is required if you've had regular testing with normal results during the previous 10 years.

■ **Colon Cancer**

- Age 70-75: Regular screenings
- Age 76-79: Discuss with your healthcare provider whether continuing to get screened is recommended for you.

■ **Lung Cancer**

If you are a current or former smoker (within the last 15 years), please discuss your smoking history with your healthcare provider to determine if screening with a low-dose CT scan is recommended.

■ **Pancreatic Cancer**

Those with a strong family history (sibling, parent, or second-degree relatives), certain inherited abnormalities and syndromes, should discuss screening with their healthcare provider.

■ **Skin Cancer**

Perform monthly visual self-exams of your skin and report changes to your healthcare provider. Your healthcare provider should examine your skin as part of your annual checkup. Avoid tanning beds, wear a broad-spectrum, water-resistant sunscreen with an SPF of at least 30, and seek shade from 10:00 a.m. – 2:00 p.m.

■ **Oral Health**

Regular dental check-ups are recommended which include an oral exam by your dentist to look for any signs of oral cancer.

■ **Yearly Physical Exam**

It is important for a woman to become established with a health provider for yearly physical exams. Any unusual symptoms should be reported.