

Preventing Cancer



Preventive screenings help to detect cancer before you have symptoms. Getting your screenings regularly may find cancers early, when treatment is likely to work best. Follow the advice of your medical provider for your specific screenings and schedule.



Early Cancer Detection - Female

Pap Test

Start by age 21 and then retest per your physician's recommendation.

Clinical Breast Exam

Complete per your physician's recommendation.

Mammogram

Start by age 45 and then retest per your physician's recommendation.



Colorectal Cancer Screening

Choose one from the following:

Colonoscopy

Complete by age 50 and then every 10 years.

Sigmoidoscopy

Complete by age 50 and then every 5 years.

Fecal Occult Blood Test

Complete by age 50 and then yearly.



Early Cancer Detection - Male

Digital Rectal Exam

- Complete by age 50 and then yearly.
- Complete by age 40 for those at risk, and then yearly.

Prostate Specific Antigen (PSA) Test

Complete per your physician's recommendation.



For more information, visit:
sentarahealthplans.com/mylifemyplan



You can also scan this code with your smartphone camera or QR code reader app.

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Skin Cancer Prevention Tips

By protecting yourself from the sun, you can avoid painful sunburns and keep your skin looking smooth. Plus, when you shield your skin, you're also lowering the chances of getting skin cancer. So, by following these prevention tips, you're not just taking care of your skin now, you're setting up a strong defense for the future. Keep your skin safe, and enjoy the outdoors.

- Avoid the sun between 10 a.m. and 4 p.m.
- Cover up with protective clothing.
- Wear a wide brimmed hat.
- Use UVA protective sunglasses.
- Seek shade.
- Avoid reflective surfaces.
- Don't use tanning salons or sun lamps.
- Use sunscreen with SPF 30 or higher.
 - Apply 1/2 hour before sun exposure.
 - Reapply every two hours.



Staying Healthy Programs

Eating for Life

Develop healthy eating and exercise habits

Stay Smokeless for Life

Quit tobacco to improve your health

Guided Meditation

Experience a retreat from everyday stressors

Healthy Habits Healthy You

Develop habits to prevent diabetes and heart disease

Tai Chi

Learn to mentally and physically relax

MoveAbout

Learn about staying physically active every day

Yoga

Stretching and strengthening exercises

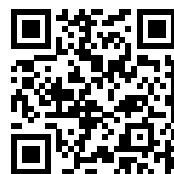
Sleep Better

Learn about the importance of sleep

Stress Less

Learn to prevent and manage stress in your daily life

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